

York Central Hospital Cardiovascular Rehabilitation Program  
Upper Thornhill Centre  
955 Major Mackenzie Drive, Vaughan, Ontario, L6A 4P9  
Tel: (905) 832-8070 ext. 2232  
[cardiac\\_rehab@yorkcentral.on.ca](mailto:cardiac_rehab@yorkcentral.on.ca)

**Dear Patient:**

As a patient who has been hospitalized for a cardiovascular problem, you will be offered a place in our Cardiovascular Rehabilitation and Prevention Program (please see the attached pamphlet for more details). We advise participation in this program for all our patients to assist in their recovery.

Our aim through the cardiovascular rehabilitation program is to help you:

- improve your health
- prevent further problems related to your cardiovascular health
- reduce your symptoms and feel better

When your healthcare provider sends a referral to us at the cardiovascular rehabilitation program, we will:

1. give you a call at home to answer any questions you may have
2. arrange a time for your first visit.

We are aware that some people have doubts or concerns about attending a program. Your first appointment is an Education Class which helps you better understand your health problems. We will offer advice and information at the Education Class about your recovery.

It will be up to you to follow these recommendations. Experience has shown that the more effort you can put into your recovery, the more quickly you will see results. Research has shown that those patients who attend cardiovascular rehabilitation programs are better able to recover. If you decide to enroll in the exercise program, we will inform your other healthcare providers that you came for an assessment and share your results with them.

If you have any questions about cardiovascular rehabilitation, you can ask your healthcare providers, or you can call us at (905) 832-8070 ext. 2232.

With best wishes for your recovery,



Tiziana Rivera, RN MSc GNC(C)  
Chief Practice Officer  
Professional Practice