

One of the best things you can do to recover after heart surgery is to go to **Cardiac Rehabilitation**

Cardiac rehab can help you improve your quality of life and help you learn:

- About your heart disease
- How to increase your activity level and exercise safely
- How to eat healthy
- How to manage your stress



Your health care team has referred you to cardiac rehab. A member of a cardiac rehab team will call you to book your first rehab session.

If you are not from the Toronto area, your Cardiac Rehab referral will be forwarded to a location closer to your home.

Need more information?

Ask a member of your health care team.

Or use this computer to:

- Learn to live and thrive with heart disease at www.cardiaccollege.ca
- Find other helpful resources and videos:
 - Go to the “*Favourites tab*” in the Tool Bar of the web browser or;
 - Go to the *Cardiac Rehab Folder* on the computer desktop