

CR Mentor Study

Get Well Soon Card Text

Written by hand and signed by our navigators. If possible, include a photo of their navigator to remind them who their navigator was / what she looked like. Mail so it arrives one-week after discharge.

“Dear _____ (name),

I hope you are feeling better after your recent stay at Toronto General/ Toronto Western Hospital. I enjoyed speaking with you about cardiac rehab.

I hope the cardiac rehab program has contacted you, and told you about the education day they offer most Mondays. I think you will find the information really helpful. If you haven't heard yet, you can give them a call at (416) 603-5200.

I look forward to giving you a call on _____ (day) at _____ (time). Until then, I wish you a quick recovery and good health!”

Sincerely,

_____ (name)

Your cardiac rehab mentor”