

This CCDHB physical activity and educational cardiac rehabilitation programme is offered to people who have experienced a cardiac event.

This 6 week programme will help you gain the confidence and understanding to manage your heart disease.

Cardiac rehabilitation programmes like this have been shown to reduce future cardiac events by 25%.

How much will it cost?

The cardiac rehabilitation programme is free and will not cost you anything to take part. You will need to pay for your car parking at Wellington Hospital.

What does the programme include?

The programme includes information on:

- Exercise & how to be physically active
- Healthy eating
- Medications
- Understanding heart disease



After a cardiac event people who address their cardiac condition and maintain lifestyle changes, experience an improved quality of life.

The 6 week beat goes on programme can help you if:

- You have angina
- You have had a heart attack
- You are recovering from angioplasty, stenting or cardiac surgery
- You are waiting for cardiac surgery.

To attend the 6 week programme you do need to book.

Please phone the location you wish to attend or email
cardiacrehab@ccdhb.org.nz

Wellington Hospital

Mondays 12 noon - 2pm

For Bookings Phone: 027 683 9371

Kenepuru Hospital

Tuesdays 12 noon - 2pm

For Bookings Phone: 027 446 4763

Kapiti Health Centre

Wednesdays 12 noon - 2pm

For Bookings Phone: 027 683 9371

Alternatively

Cardiac rehabilitation day seminars (10am to 2.30pm) are held from time to time at Kenepuru Hospital. Please contact us for dates and further information.