

INFORMATION SESSIONS

Welcome! Information session dates are listed on the calendar. You are welcome to attend sessions more than once, or make up ones that you may have missed. Friends and family are encouraged to attend.

- **WHEN:** **Thursdays, 08:30 – 9:30**
- **WHERE:** **ZOOM Webinar**

☐ **Pre-Session Education:**

We recommend that everyone review our Youtube Goal Setting video to get the most out of VIP sessions:

Goal Setting and Action Planning

When making changes to improve your health often the hardest thing to do is to get started working towards a goal. In this presentation, we will give you some tools and recommendations to start moving towards a healthier you. These tools will be discussed and applied to exercise, but are able to be used for any lifestyle behavior change that you want to achieve. This session is on YouTube



Goal Setting and Action Planning (21 minutes) – YouTube (click link below)
[Vascular Improvement Program – Cardiac Rehab - YouTube](#)

☐ **Heart and Artery Disease – *What's Going On?***

What is heart and artery disease and what causes it? What does it mean to have a heart attack, stroke, or peripheral artery disease? What are the symptoms to look for? We will discuss all these topics... and share information about vascular disease.

☐ **Exercise and Your Heart and Arteries**

Wondering where to start, or what to do next? This session will discuss everything exercise and how to get the most out of the time we spend on our physical fitness. We will discuss daily activity, review some tips, and go over guidelines for how to exercise safely and effectively.

☐ **All about Tests and Procedures**

Do you have questions about tests or procedures you have had or are going to have? Would you like to learn more about the process of diagnosis of cardiovascular disease? If so, this session is for you! Angiograms, MUGA, Stress tests, echocardiogram, angioplasty, coronary artery bypass surgery and much more will be discussed.

☐ **Medications and Your Cardiovascular Health**

Medications can be a big part of maintaining and improving health. This session will cover answers to questions such as: What are these pills for, why do I need them, and how can I deal with the challenges I have in taking them? This is a pre-recorded session provided by a pharmacist and a registered nurse will be available during the session to answer any questions.

☐ **Positive Coping with Health Conditions**

This is a two part series focusing on how our mental health is impacted by physical health conditions such as heart and vascular disease. Tools and strategies to improve coping and overall functioning will be introduced as well as resources and service options for further learning and support.

☐ **Heart Healthy Eating**

How do you manage your cholesterol and blood pressure while still enjoying good food? Do you need an "oil change" or should you be adding some "fibre to your fuel"? We will also cover food labels and more! Find out what you need to know to make informed, heart-smart decisions with our dietitian.

☐ **Keep on Trucking**

This is a great session for those just starting to exercise as well as those working on maintaining an exercise plan. We will discuss tips and tools that will help you to "keep on trucking with lifelong exercise. There will also be a recap of goal setting and action planning as well as a brief overview of wearables and APP's that can be used to keep you on track and support your exercise plan.

