

***THE CLARENCE-
ROCKLAND FAMILY
HEALTH TEAM IS
PROUD TO PRESENT
ITS NEW PREVENTION
SERIES***

We are going to be offering a series of group sessions for the primary prevention of cardiovascular disease.

Our multi-disciplinary team of health experts will help you to understand the many risks associated with cardiovascular disease.

In addition, they will provide you with the necessary skills and knowledge to 'adopt a healthier lifestyle'.

All patients of the CRFHT are welcome to attend!



An ounce of prevention is worth a pound of cure!



Tel: 613-446-7677
Fax: 613-446-5737

ESFCR—CRFHT
2741 rue Chamberland
Rockland, K4K 0B4



**Adopt a Healthier
Lifestyle**

**Group Sessions
For the Prevention of
Cardiovascular Disease**



Tel: 613-446-7677

Email: programme@crfht.ca

Who should attend?



Our prevention series is ideal for those who are interested in improving their overall health and wellbeing, especially those who already have one or more risk factors for cardiovascular disease.

According to the Canadian Association of Cardiac Rehabilitation, the risk factors for cardiovascular disease include:

- Overweight and obesity (BMI > 25 kg/m²)
- Cholesterol problems
- Diabetes and pre-diabetes
- Hypertension
- Tobacco use
- Physical inactivity
- Stress
- Poor dietary habits
- A family history of cardiovascular disease

When?

Week nights from 6pm until 8pm.

Where?

In room 218, on the second floor of the clinic.

What?

The prevention series consists of 5 group sessions:

Session 1:

The Risk Factors of Cardiovascular Disease

- * Background information
- * Signs and symptoms
- * Complications

Session 2

The Benefits of Exercise & Physical Activity

- * Energy expenditure
- * What is an active lifestyle?

Session 3

Stress

- * What is it?
- * What can we do about it?

Session 4

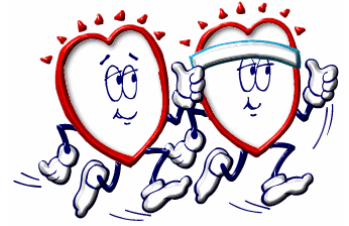
A Heart Healthy Diet

- * Canada's Food Guide

Session 5

A Heart Healthy Diet

- * Food labels



Why?

We want to provide you with the necessary skills and knowledge to prevent the onset of heart disease in the future.

How to Register?

3 ways:

1. With your family doctor
2. Call 613-446-7677 or email programme@crfht.ca
3. Enter your personal information below and deposit this pamphlet in the designated box.

First and Last Name

Address or Email

Telephone Number

Adopt a Healthier Lifestyle
Group Sessions: For the Prevention of
Cardiovascular Disease

Tel: 613-446-7677
Fax: 613-446-5737

ESFCR—CRFHT
2741 rue Chamberland
Rockland, K4K 0B4