



What's Next?

Begin: Healthy Heart Exercise Class (16 weeks)



6 Graduate to Independent exercise

See Healthy Heart Dietitian



5

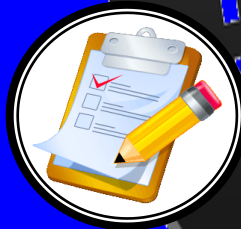
See Nurse & Cardiologist for Burnaby Healthy Heart I Program intake

3



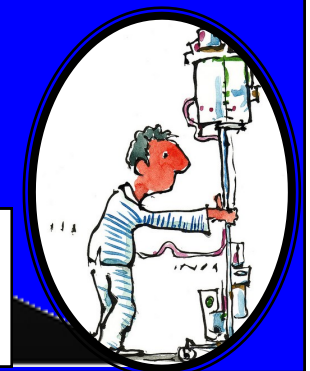
Get Educated: Fraser Health Cardiac Education—Cardiac Check In (5 weeks)

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Start - Get referred: to Burnaby Hospital Healthy Heart Program



Referrals required from GP, Cardiologist or Nurse Practitioner.

Questions contact 604-412-6440 at Burnaby Healthy Heart