

Who can use this service?

IPC Health provides Cardiac Rehabilitation to anyone who has recently experienced heart problems and who lives, works or studies in Wyndham and Hobsons Bay.

How do I book an appointment?

Contact the IPC Health Hoppers Crossing campus on **1300 472 432**.

Before joining the group, you may be asked to provide a medical referral from your GP or cardiologist.

Is there a fee?

A fee may apply for this service. To learn more, please contact our Client Services team.



IPC Health acknowledges the support of the Australian and Victorian Governments.

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Cardiac Rehabilitation



What is Cardiac Rehabilitation?

The Cardiac (heart) Rehabilitation program teaches you how to restore your independence and quality of life after heart problems.

Weekly group sessions are run by a team of nurses, physiotherapists, exercise physiologists and other experts. Telehealth options (over the phone or computer) are also available.



What will you learn about?

You will learn about the following:

- risk factors of heart disease
- heart treatments and procedures
- heart tablets and medications
- healthy eating plus how to read food labels
- physical activity and exercise
- relaxation and reducing stress
- setting health goals
- the basics of CPR (cardiopulmonary resuscitation)
- Cardiac Blues

How can we help?

Cardiac Rehabilitation can help increase your knowledge about heart health and improve your confidence through the following:

- weekly group education and exercise sessions
- personal health and exercise assessments
- setting goals
- meeting other people with similar goals
- accessing other local supports and services to attend once you graduate from the program

What should I wear?

You will need to wear comfortable clothing (such as a tracksuit) and closed-toe shoes (runners or sneakers).

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

