

Dates

The class is offered on the **4th Monday of the month** throughout the year, from **1:00 - 3:30 pm**.

2010

- Monday January 25th
- Monday February 22nd
- Monday March 22nd
- Monday April 26th
- Monday May 31st
- Monday June 28th
- Monday July 26th
- Monday August 23rd
- Monday September 27th
- Monday October 25th
- Monday November 22nd
- Monday December 20th

Locations

- **Yarmouth Regional Hospital**
Wellness Centre
4th Floor, Bldg C
- **Digby Hospital**
Telehealth Room
- **Shelburne Hospital**
Telehealth Room
- **Clare Health Centre**
Telehealth Room - lower level

Registration

*You **MUST** call to register!*

Seating is limited and we appreciate your registration to help plan for each session.

Call to register for a session at one of the four sites by phoning the Cardiovascular Program Office:

(902) 742-3542 ext 460

An answering machine is available if we are unable to answer your call.

Live and Learn

An
**Education
Program**
for people living
with the effects of
**Stroke
Heart Attack
Angina
TIA**
and those who
are at risk for heart
disease and stroke.



South West Health
Working Together for Better Health
Shelburne • Yarmouth • Digby

What is Live & Learn?

It is a 2 1/2 hour class that gives you the chance to learn about how you can live with cardiovascular disease.

The same session is repeated every month, so if you miss a class, or need to hear it again, you have lots of chances to get the information.

What is cardiovascular disease?

Basically, cardiovascular disease is a disease that affects your heart and blood vessels. The blood vessels can affect your lungs, brain, kidneys or other parts of your body.

Stroke, heart attack, hardening of the arteries, and angina are all things related to cardiovascular disease.

Who can come?

If you

- have had a heart attack, stroke or TIA (transient ischemic attack)
- have angina
- had heart bypass surgery or stents

...then this program is for you!

Are you *at risk* for heart disease and stroke?

Risk factors include:

- high blood pressure
- diabetes
- high cholesterol
- stress
- smoking
- drinking too much alcohol

...then this program is for you!

You can bring a friend or family member with you to the sessions – they are welcome to come!

What will I learn?

The class is designed to help you learn about your condition and help you find ways to manage your risk factors for cardiovascular disease.

Sessions are **free**, informal and full of good information!

We talk about:

- How cardiovascular disease develops
- What happens to your body while having a heart attack or stroke
- Risk factors for cardiovascular disease and how to manage them
- Healthy eating, nutritional tips, label reading
- Physical activity to suit your needs and capability

...and much, much more!

Each class is lead by a healthcare professional. You can ask questions and take home information materials.