

HEARTBEAT EXERCISE GROUPS – Information for participants

After the Patient Registration and Medical Profile form has been completed by your GP, please telephone the HeartBeat Project Officer on 9458 0505 to register in the class.

- HeartBeat exercise classes use a circuit format enabling you to exercise at your own pace. The physiotherapist will tailor the program to suit you. If the class times listed below are not suitable, other options will be discussed with you. Community Physiotherapy Services have a range of exercise classes available throughout the metropolitan area.

HEARTBEAT CLASS DETAILS:

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| Bentley Community Centre Nyamup Way, Bentley | Monday mornings |
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| Armadale Town Hall Jull Street, Armadale | Tuesday mornings |
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- **CLOTHING:** Wear appropriate clothing for the class e.g. trousers, tracksuit, or shorts, t-shirt and flat rubber soled shoes such as joggers.
- **MEDICAL PROFILE:** In the interests of safety, you should discuss your intended participation in this program with your doctor. If your doctor is in agreement with your attendance, the **Medical Profile Form** needs to be completed and sent to the HeartBeat Project Officer.
- **Please note:** If you visit your doctor **solely** for the purposes of having this form completed, you may be charged by your doctor for this service and this fee is not covered under Medicare.

Liaison with your doctor/specialist/other health professional will be undertaken as needed.

- **TRANSPORT:** If you are unable to provide your own transport we can put you in touch with local authorities that can assist you.
- All records are confidential, and you would be consulted if any information were requested by another agency.
- Please inform your group physiotherapist if you will be absent from the class for more than four weeks, otherwise you will be required to re-enrol.
- Attendance at these classes is limited to once a week. The group physiotherapist will give you information regarding a home exercise programme and alternative and additional ways to exercise throughout the week apart from this class.
- If your spouse or support partner wishes to participate in the exercise program then they too must register with their GP by completing a **MEDICAL PROFILE FORM**.
- If you have any queries in regards to the above, please contact the HeartBeat Project Officer on 9458 0505.

HeartBeat Community Cardiac Care Program
Canning Division of General Practice
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9458 0505