

HeartBeat Group Education and Exercise Program

The education program consists of practical information sessions conducted by specialist presenters. Take this opportunity to have experts answer your questions, and learn more about heart disease.

There is no cost to attend, with tea and coffee provided.

You can enter the program at any time. It is most beneficial if you participate in the entire program, but you may choose to attend individual education sessions.

An exercise class led by a community physiotherapist will run before or after the education session you attend.

Locations

Bentley Community Centre
Nyamup Way
Bentley

Armadale Community Hall
Jull Street
Armadale

Time

Monday mornings 9-11.30am

Tuesday mornings 9-11.30am

Education Program
Coping with Heart Disease Presenter - Peer Educator
Understanding Cardiovascular Disease Presenter – Canning Division of General Practice
Physical Activity Presenter – Physiotherapist
Healthy Eating Presenter – Dietitian
Supermarket Tour (in class) Presenter – Dietitian
Know your Medications Presenter – Pharmacist
Heart to Heart Presenter – Peer Educator

If you would like to attend or would like further information, please contact the HeartBeat Team at the Canning Division of General Practice on 9458 0505.