

Does one-day seem too long?

Sessions can be split into two half days.
Please call to discuss.

What others have said:

“Very helpful, feeling more confident now”

“Learnt more on this day than over 10 years and 5 heart attacks”

“Fantastic course—wish we had done it sooner”

“The course answered many questions, I will be coping a lot better now”

“Really good to hear from others in the same boat”



Provided by:



Nelson Bays Primary Health
281 Queen Street, Richmond
Freephone 0800 731 317

www.nbph.org.nz

With support from:



Healthy Hearts

**The next step in your
cardiac treatment
and recovery**



What is Healthy Hearts?

Healthy Hearts is a free one day session, held in a relaxed informal way.

It aims to build your confidence so you can make the best choices and decisions about your future heart health

It's for anyone who has recently been discharged from hospital following a heart attack, heart procedure or heart surgery and their family/whānau/support person.

One-day session includes:

- What has happened and why
- Understanding your risk factors
- Taking control of your future heart health
- Making sense of cholesterol & blood pressure numbers
- Managing physical activity
- Medications and symptom management
- Eating for heart health
- Free lunch

What's in it for me?

- Receive up to date information/advice on your condition/treatment & medications
- Your questions answered by specialists
- Practical guidelines for physical activity and eating for heart health
- Listen to, or share with others who have faced similar issues
- An opportunity for your whānau/support person to be involved in your care and recovery
- Coming to terms with what has happened, and gaining confidence to move forward



"I can make you better but I can't make you healthy. I strongly advise you to attend this programme as a vital part of your ongoing management"
**Nick Fisher, Cardiologist,
Nelson Hospital**

Need a different option?

If you are unable to attend a Healthy Hearts session, the following options are also available:

- Virtual zoom sessions
- A recording of the session
- Further resources etc

Contact Jennie or Jacqui for more information on these options or for any other questions.

Contact details:

JENNIE VERSTAPPEN
Dietitian/Community Education Coordinator
(Heart & Diabetes)
Email: jennie.verstappen@nbph.org.nz
Phone 021 790 894

JACQUI HARDY
Health Promotion Administrator
Email: Jacqui.hardy@nbph.org.nz