



GREY BRUCE HEALTH NETWORK

EVIDENCE-BASED CARE PROGRAM

Community Resources – Cardiac Programs

Healthy Heart Program – various sites

The Healthy Heart Program is an education program helpful to anyone who has had a heart attack, heart surgery or is suffering from angina – or anyone caring for someone who has had these. For more information or to join:

- Consult with your family doctor
- Kincardine – (519) 396-3331
- Wiarton – (519) 534-1260
- Brockton & Area Family Health Team
 - Chesley – (519)363-6112 x 103 **or** (519) 363-2340 x 268
 - Durham – (519) 369-3007 x 258
 - Walkerton – (519) 507-2021 x 24

Cardiac Rehabilitation Program – Owen Sound

In partnership with the YMCA and London Health Sciences Centre, Grey Bruce Health Services offers a comprehensive program to help reduce the risk factors of heart disease. For more information or to be referred to the program, contact your family doctor or cardiologist.

Nutrition/Diet Information

Most hospitals in Grey and Bruce have a dietitian available for information about healthy eating and how to improve your eating habits. Call your local hospital.

Grey-Bruce Health Unit

The Grey-Bruce Health Unit is a valuable resource for heart health information; help with smoking cessation, nutrition booklets and more. Contact them via telephone or the Internet for more information.

(519) 376-9420, or toll-free 1 (800) 263-3456

<http://www.publichealthgreybruce.on.ca>

Heart and Stroke Foundation of Ontario

(519) 371-0083, or toll-free 1 (888) 473-4636

<http://www.heartandstroke.ca>

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