

0151 604 7307 (option 1)

wcnt.cardiacrehab@nhs.net

Use the below list to keep track of when you have attended each module.

|  |  |
| --- | --- |
| **Educational module**  | **Date attended** |
| Atrial fibrillation (AF) and stroke |  |
| Basic Life support and Automated External Defibrillator (AED) use |  |
| Cardiac conditions |  |
| Cardiovascular disease (CVD) and the heart |  |
| Exercise for a healthy heart |  |
| Getting back on track |  |
| Healthy eating |  |
| Healthy mind, healthy heart |  |
| Heart failure (HF) explained |  |
| Managing medicines |  |
| Risk factors |  |
| Stress and your heart health |  |
| Weight management |  |

**Cardiovascular Health Education**

at St Catherine’s

St Catherine’s Health Centre, Derby Road, Birkenhead. CH42 0LQ (Rehab Room 2, Ground Floor, Wing 1)

**July – December 2024**

We believe your knowledge and understanding of your cardiovascular system and related health conditions are essential in your rehabilitation journey.

Please join us for some educational modules.

Please refer to the module outlines for what is covered in each presentation. For all of our in person educational talks, there is no need to book on, just turn up at the time stated.

We welcome and encourage family, friends, and carers to attend.



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All presentations can also be found online on our Trust website and Facebook with voice-overs

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| --- | --- | --- | --- | --- |
|  | **Monday 3pm-4pm****St Catherine’s** | **Tuesday 11am-12am****St Catherine’s** | **Thursday 3pm-4pm****St Catherine’s** | **Friday 11am-12pm****St Catherine’s** |
| **JUL** | 1st Stress and heart health8th AF and stroke15th Getting back on track22nd Weight management29th HF explained | 2nd Cardiac conditions9th Basic Life Support and AED use16th Exercise for a healthy heart23rd Healthy eating30th Healthy mind, healthy heart  | 4th Healthy mind, healthy heart11th CVD and the heart18th Managing medicines25th Risk factors | 5th Heart failure explained12th Cardiac conditions19th Basic Life Support and AED use26th Exercise for a healthy heart |
| **AUG** | 5th Cardiac conditions12th Basic Life Support and AED use19th Exercise for a healthy heart26th BANK HOLIDAY – NO TALK | 6th CVD and the heart 13th Managing medicines 20th Risk factors 27th Stress and your heart health  | 1st Stress and your heart health8th AF and stroke15th Getting back on track22nd Weight management29th Heart failure explained | 2nd Healthy eating9th Healthy mind, healthy heart16th CVD and the heart23rd Managing medicines30th Risk factors |
| **SEPT****SEPT** | 2nd Healthy eating9th Healthy mind, healthy heart16th CVD and the heart23rd Managing medicines30th Risk factors | 3rd AF and stroke 10th Getting back on track17th Weight management24th Heart failure explained | 5th Cardiac conditions12th Basic Life Support and AED use19th Exercise for a healthy heart26th Healthy eating | 6th Stress and your heart health13th AF and stroke20th Getting back on track27th Weight management |
| **OCT** | 7th Stress and your heart health14th AF and stroke21st Getting back on track28th Weight management | 1st Cardiac conditions8th Basic Life Support and AED use15th Exercise for a healthy heart22nd Healthy eating29th Healthy mind, healthy heart | 3rd Healthy mind, healthy heart10th CVD and the heart17th Managing medicines24th Risk factors31st Stress and your heart health | 4th Heart failure explained11th Cardiac conditions18th Basic Life Support and AED use25th Exercise for a healthy heart |
| **NOV** | 4th Heart failure explained11th Cardiac conditions18th Basic Life Support and AED use25th Exercise for a healthy heart | 5th CVD and the heart12th Managing medicines19th Risk factors26th Stress and your heart health | 7th AF and stroke14th Getting back on track21st Weight management28th Heart failure explained | 1st Healthy eating8th Healthy mind, healthy heart15th CVD and the heart22nd Managing medicines29th Risk factors |
| **DEC** | 2nd Healthy eating9th Healthy mind, healthy heart16th CVD and the heart23rd Managing medicines30th NO TALK | 3rd AF and stroke10th Getting back on track17th Weight management24th Heart failure explained31st NO TALK | 5th Cardiac conditions12th Basic Life Support and AED use19th Exercise for a healthy heart26th BANK HOLIDAY – NO TALK | 6th Stress and your heart health13th AF and stroke20th Getting back on track27th NO TALK |