Healthy Heart Programmes
Support to Stay Well after Going Home

Learn more:
You can learn more about reducing heart risk, common heart medicines, positive coping, healthy eating & getting active at the following programmes:

**Manukau Super Clinic**
Tuesday nights 6.30-8.30pm
(3–week block course)

**Middlemore Hospital**
Thursdays from 12.00-1.00pm
(6-week block course)

**Pukekohe Hospital**
Mondays 12.00-1.00pm
(5-week block course)

**Pacific Peoples Support**
Home visits and group sessions

**Nurse Clinics in Manukau, Mangere, Otara, Botany and Pukekohe**
One-to-one clinic with interpreter support available

*We encourage family or support people to come with you*

Support for getting active:
Regular physical activity is an important way to improve your health. We can arrange an exercise assessment for you. Then you have the option to join one of our supported exercise programmes.

**Referred for exercise assessment**
Ask the nurse or Cardiologist looking after you

**Exercise assessment clinic**
With the nurse and physiotherapist at Manukau Super Clinic
(an appointment letter will be sent to you)

**Home programme**
Support to get active at home

**Join our gym programme**
8 week exercise programme in Manukau or Pukekohe

Get in touch with the Healthy Hearts team
Phone – (09) 2760044 ext 57345  Text – 021720510
Email – cardiacnurses@middlemore.co.nz