

Healthy Hearts

Cardiac Rehab

Staying Well After Going Home

Learn more

Learn more about reducing heart risk, common heart medicines, positive coping, healthy eating & getting active at any one of our group education programmes:

Manukau Super Clinic

Tuesday nights

6.30—8.30pm (3-week block course)

Pukekohe

Mondays

12.00-1.00pm (5-week block course)

Alternatively you can request to see one of the specialist cardiac nurses in clinic.

Clinics by appointment available in

Manukau, Botany, Otara, Mangere and Pukekohe.



Support to get active

There is also support to get active through our exercise programmes in

Papatoetoe

Tuesdays & Thursdays 0800—0900

Manukau

Tuesdays & Thursdays 1000-1100 OR 1130-1230


Pukekohe

Mondays & Fridays 0900-1000

To join one of the programmes, speak to the nurse or Cardiologist looking after you for referral for a Healthy Hearts Exercise assessment, led by a nurse and physiotherapist.

Get in touch with the cardiac nursing team:

 Phone 09 276 0044 ext 57345

 E-mail: cardiacnurses@middlemore.co.nz