

'A Guide to Help You Live and Thrive with Cardiovascular Disease'


The **Toronto Cardiovascular & Rehabilitation Program** has generously allowed all members of the Burke Cardiac Rehabilitation program to use its outstanding educational “**Cardiac College Guidebook**” or any of its individual learning guides by selecting the **link** below and “**download the entire guide**” to your computer:

<https://tinyurl.com/wrzha4z>

In addition, you can also join the “**Cardiac College**” **online classroom** at 1pm Eastern time every Monday to Thursday by selecting the following link: <https://tinyurl.com/tl87gev>

Treat Heart Disease Get Active Eat Healthy Feel Well

Welcome to Cardiac College™



**BEGINNING ON
MARCH 30, 2020**

During this difficult time we hope that you and your families are safe. Your health is very important to us. We know that education is important to your health and wellness and we are here for you.

Join us online at 1pm Eastern Standard Time (EST) every Monday to Thursday.

Cardiac College: Learn Online

The Cardiovascular Prevention and Rehabilitation Program at Toronto Rehab helps people live and thrive with heart disease. If you had a heart attack, heart surgery, valve surgery, an angioplasty, an arrhythmia, angina or other heart conditions, this program can help you:

- improve your health
- improve your fitness
- make lifestyle changes
- reduce your risk of further cardiovascular events (such as a heart attack)

Cardiac College™ helps you learn:

- what happened to you
- how your medications work and help you
- how to make lifestyle changes to take control of your health

Explore the newly updated **Healthy Eating** section for recipes, cooking videos and tips on how to eat healthy.

Recipes **Cooking Videos**

