

## One-day session includes:

- What has happened and why
- Understanding your risk factors
- Taking control of your future heart health
- Making sense of cholesterol and blood pressure numbers
- Managing physical activity
- Medications and symptom management
- Eating for heart health
- Where to go for further support or information

### DOES ONE-DAY SEEM TOO LONG?

Sessions can be split into two half-days,  
Please call and discuss.

### FREE LUNCH PROVIDED

## For dates and booking details

Email  
[tonia.talbot@nbph.org.nz](mailto:tonia.talbot@nbph.org.nz)

Or visit  
[www.nbph.org.nz/healthy-hearts](http://www.nbph.org.nz/healthy-hearts)

## Provided by:



Nelson Bays Primary Health  
Hauora Matua ki Te Tai Aorere

Nelson Bays Primary Health  
281 Queen St, Richmond  
Freephone 0800 731 317

[www.nbph.org.nz](http://www.nbph.org.nz)

## with support from



Nelson Bays Primary Health  
Hauora Matua ki Te Tai Aorere



in  
**Nelson Bays**

### CONTACT:

**Tonia Talbot**

Dietitian/Community Education Coordinator (Heart & Diabetes)  
Nelson Bays Primary Health

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## What is Healthy Hearts?

**Healthy Hearts** is a one-day programme that is the next stage in your heart treatment and recovery (sometimes referred to as **Cardiac Rehabilitation**).

It aims to build your confidence so you can make the best choices and decisions about your future heart health.

Research has shown that programmes such as **Healthy Hearts** can reduce the likelihood of further heart problems or re-admissions to hospital, and is therefore an important part of your recovery.

## Who can benefit?

Anyone who has recently been discharged from hospital following a heart attack, heart procedure or heart surgery and family/whānau/support person. Sessions are held around the region and delivered in a relaxed, informal way.



## What's in it for me?

- Receive up-to-date information/advice on your condition/treatment & medications
- Your questions answered by specialists
- Practical guidelines for physical activity and eating for heart health
- Listen to, or share with others who have faced, or are facing similar issues
- An opportunity for your family/whānau or support person to be involved in your care and recovery
- Coming to terms with what has happened, and gaining confidence to move forward

### What others have said about the day:

*"Very helpful, feeling more confident now"*

*"Learnt more on this day than over 10 years and 5 heart attacks"*

*"I thought I knew everything but now realise I didn't"*

*"Fantastic course - wish we had known/done it sooner"*

*"The course answered many questions, I will be coping a lot better now"*

*"Really good to hear from others in same boat"*

*"Very relevant and worthwhile tips"*

## Need a different option?

You can receive **The Heart Guide Aotearoa** which is a home-based rehabilitation guide with support from the **Community Education Coordinator** (Heart & Diabetes)



**Both options are FREE and provided by Nelson Bays Primary Health with support from Nelson Hospital Cardiology staff and The Heart Foundation.**

To find out more or to discuss your options, please contact:

### Tonia Talbot

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