

KICKSTART YOUR HEART



HEARTSTART
CARDIAC REHABILITATION

Providing quality cardiac rehabilitation
to clients in Bundaberg since 1994

07 4150 1800

ABOUT HEARTSTART

HeartStart provides cardiac rehabilitation programs to assist people with cardiovascular conditions and those recovering from cardiac events, surgery or interventions to again lead enjoyable, functional and productive lives and to lower their risk of secondary cardiac events.

ASK YOUR GP FOR A REFERRAL

HeartStart is a cardiac rehabilitation program to assist people recovering from a cardiac event, surgery or with risk factors including;

- ♥ Type 2 Diabetes
- ♥ Overweight
- ♥ High Cholesterol
- ♥ Hypertension
- ♥ Inactivity
- ♥ Smoking addition

HEARTSTART SERVICES INCLUDE:

- ♥ Cornish Track Walking Program
- ♥ Water Aerobics 4 Heart Sessions
- ♥ Individual Rehabilitation Exercise Programs
- ♥ Wellness Education Series
- ♥ Support to all Cardiac Patients and families

Bundaberg Health Promotions Place

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 bundaberghealthpromotions.org