

Waratah  
Rehabilitation

Healthe Heart  
@ Waratah



Have you recently undergone a heart procedure or experienced a cardiac event? Healthe Heart @ Waratah is here to support you on your journey to recovery and take the next step toward a Healthier Heart!

Waratah  
Rehabilitation

# Your path to recovery & a stronger heart

Our exercise and education program is designed to help you:

- Prepare for or help you recover safely from a heart procedure
- Improve your ability to participate in personal & domestic tasks, hobbies and build strength
- Better manage the symptoms of heart disease and prevent related illnesses or further hospitalisation
- Adopt positive lifestyle changes and manage anxiety and depression.

## A Team Dedicated to Your Health

You'll be supported by a team of healthcare professionals, which may include:

- Doctor and cardiac nurse
- Dietitian
- Physiotherapist
- Occupational Therapist
- Exercise Physiologist
- Psychologist
- Pharmacist

Together, we'll create a plan tailored to your unique needs, in consultation with your cardiac rehab doctor and the team to identify your functional abilities, limitations and goals for therapy at the beginning of the program and throughout to assess your progress.

## What to expect:

Each session you attend within the program consists of two components:

- Education – information about cardiac conditions and all relevant associated information with the goal to empower you to manage your condition better.
- Exercise – to improve your physical strength and endurance and train your heart to work in the best way it can.

Discharge outcome measures will be taken, and a discharge plan will be discussed with you and the multi-disciplinary team to determine post program needs and potential ongoing referrals. A letter will be sent to your referring GP/Specialist.

## Contact

Contact **Healthe Heart @ Waratah** today and start your journey to recovery with the support you deserve.

**Because every heartbeat matters.**

T 02 9598 0690

F 02 9598 0699

E [dayprogram@waratahprivate.com.au](mailto:dayprogram@waratahprivate.com.au)

31 Dora St, Hurstville NSW 2220

[waratahprivate.com.au](http://waratahprivate.com.au)

Waratah Rehabilitation

Rehabilitation Gym, Mezzanine Level  
31 Dora Street, Hurstville NSW 2220

E [dayprogram@waratahprivate.com.au](mailto:dayprogram@waratahprivate.com.au)

P 02 9598 0690

F 02 9598 0699

Waratah  
Rehabilitation