

# CARDIAC REHABILITATION DROP-IN | COFFEE AND EDUCATION



## TOPICS THIS MONTH | SEPTEMBER 2019

5 SEPT EXERCISE and PHOENIX CLUB | PHYSIO  
12 SEPT STRESS | CLINICAL PSYCHOLOGIST  
19 SEPT BLOOD PRESSURE | CARDIOLOGIST  
26 SEPT SLASH THE SALT | DIETITIAN

HEART FOUNDATION | 206 HANOVER ST | 03 4773999  
THURSDAY | 10.30 AM COFFEE AND CHAT | EDUCATION  
11AM TO 12 MIDDAY