

OUR VISION

To be a regional leader in cardiovascular disease prevention, cardiac rehabilitation and chronic disease management.

OUR GOAL

C.O.A.C.H. promotes the well being of individuals with heart disease by encouraging & supporting healthy lifestyles and empowering individuals & their families to manage their health successfully.

CONTRIBUTIONS HELP

As a non-profit organization, C.O.A.C.H. relies on fundraising as a source of revenue. Participant fees fund only a small part of the program. Donations to C.O.A.C.H. are always gratefully accepted and most appreciated. As a registered charitable non-profit society, C.O.A.C.H. is able to offer tax receipts for donations.

The money raised will help individuals in our community that require financial assistance to attend the program.

Please visit our website or call the C.O.A.C.H. office for more information on donating and our annual fundraising events.

LOCATION

South Gate Shopping Plaza
#204-2622 Pandosy Street
Kelowna, British Columbia
V1Y 1V6

Medical Directors

Dr. Sandy Baker, Cardiologist
Dr. Kevin Pistawka, Cardiologist



C.O.A.C.H.

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C.O.A.C.H.

Central Okanagan
Association for Cardiac
Health

Rehabilitation &
Cardiovascular Risk
Reduction Program



*An Education & Exercise program to
manage risk factors for heart disease*

(250) 763-3433

CARDIAC REHABILITATION

Cardiac Rehabilitation Programs are clinically supervised to help patients recover quickly and improve their overall health. Reducing the risk of another cardiac event or keeping an already present heart condition from worsening through changing risk factors is the primary goal of the program. Programs also strive to help regain strength and endurance by leading a healthy active lifestyle.

CARDIAC PREVENTION

Control your risk factors NOW! Don't wait, you may be at risk for heart disease. C.O.A.C.H. also serves people with multiple risk factors including diabetes, smoking, high blood pressure, high cholesterol, inactive lifestyle and increased body weight.

WHO WE ARE

The C.O.A.C.H. Education and Exercise team consists of

- ♥ ACSM Clinical Exercise Specialists
- ♥ ACSM Clinical Exercise Physiologists
- ♥ Registered Nurses
- ♥ Kinesiologists
- ♥ Registered Dietitians
- ♥ Pharmacists
- ♥ Cardiologists

C.O.A.C.H. PROGRAMS

Participants will be provided with a cardiac risk factor review, sub-maximal fitness assessment, and individualized exercise prescription. Sessions begin when these baseline measures are done. Blood pressure, heart rate and rhythm are monitored in each session to ensure safety and appropriate progression.

The education classes cover a variety of topics including cardiac anatomy and procedures, managing diabetes, cardiac risk factors, healthy eating, exercise guidelines, goal setting, understanding your medications and stress management. It is encouraged that you attend the education sessions with a partner at no extra charge.



C.O.A.C.H. PROGRAM OPTIONS

♥ Full Program

- ◆ Fitness Assessment
- ◆ 16 Monitored Exercise Sessions
- ◆ 5 Education Sessions
- ◆ \$245

♥ Custom Program

- ◆ Fitness Assessment
- ◆ 4 Monitored Exercise Sessions
- ◆ 5 Education Sessions
- ◆ \$85

♥ Prescribed Home Program

- ◆ Fitness Assessment
- ◆ Exercise Prescription
- ◆ Follow up
- ◆ \$45

♥ Education Program Only

- ◆ Full day of Education Classes
- ◆ \$100

Applications are available for those with demonstrated financial need.

C.O.A.C.H. SERVICE OPTIONS

♥ 24 hr blood pressure monitor \$15

♥ Ankle Brachial Index (ABI) for Peripheral Artery Disease \$20

(Both included with full program)