



## Central Okanagan Association for Cardiac Health



### Cardiovascular Rehabilitation & Prevention Program

*Evidenced Based  
Clinically Supervised Exercise and  
Education Program*

**South Gate Shopping Plaza**  
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### C.O.A.C.H. CARDIAC REHAB

A comprehensive cardiac rehabilitation program for patients following cardiovascular surgery or cardiac event.

C.O.A.C.H. Programs include exercise rehabilitation and education sessions on cardiovascular health, risk factors, medications and stress management. Our health care professionals provide assessments, treatment and counselling for patients to enhance recovery and promote health.



### C.O.A.C.H. SERVICES

- ♥ **One Hour Cardiac Health Assessment - \$60**
  - ♦ Health history & medication review, including a (submaximal) fitness assessment.
  - ♦ Provides an individualized exercise prescription and helps establish goals to reduce modifiable risk factors.
  
- ♥ **8 Week Programs**
  - ♦ Include clinically monitored exercise sessions, a five week education series, counselling and lifestyle change support.
  - ♦ Fees range from \$125-\$275, depending on the amount of clinically monitored exercise sessions.
  - ♦ Financial assistance is available based on need.
  
- ♥ **24 hr Blood Pressure Monitor - \$50**
  
- ♥ **Ankle Brachial Index (ABI) Peripheral Artery Disease screening - \$50**

(Prices are subject to change)