

When and Where

Frankston Community Health

Frankston Integrated Health Centre (FIHC)
(Next to Frankston Hospital)
Hastings Road,
Frankston Vic. 3199

Level 1 - Group Room
(Ask at reception for directions)

Tuesdays & Thursdays
9.00am - 12 midday approx.

PARKING

Allow sufficient time to park your car.
Parking vouchers are available and will be
given to you at your assessment.

Rosebud Community Health

38 Braidwood Avenue,
Rosebud Vic. 3939

Wednesdays 10.30am - 12.30pm



Contact

When you are discharged from hospital
you will receive a telephone call to book
an assessment for you. If you do not hear
from us within 2 weeks, or you have any
other enquiries, please call us on the
phone numbers below

To participate in the Frankston Program

Phone: 9784 8100
Fax: 9784 8149

To participate in the Rosebud Program

Phone: 5986 9250
Fax: 5986 9251



The information contained in the brochure is
intended to support, not replace, discussion with
your doctor or health care professionals.

Print Code: 14474 Authorising Department: Community Health



PENINSULA HEALTH

Peninsula Health
PO Box 52
Frankston Victoria 3199 Australia
Telephone 03 9784 7777
www.peninsulahealth.org.au

SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE



PENINSULA HEALTH

Community Health

Cardiac Rehabilitation



IN PARTNERSHIP,
Building a
Healthy Community



What is Cardiac Rehabilitation?

Cardiac Rehabilitation will assist you in recovering from angina, heart attack, balloon angioplasty or heart surgery. We welcome you to a very important part of your recovery and your ability to resume normal activities is our priority.

Your GP and Cardiologist will be notified when you start the Cardiac Rehabilitation.

You will be assessed either:

- before you leave Frankston Hospital or
- when you meet the Nurse at Community Health



What are the benefits of the program?

- to increase your knowledge and encourage lifestyle changes that may reduce further risk of cardiac problems
- your confidence for physical activity and regular exercise will increase and enable you to return to normal daily living
- support for you and your family
- an opportunity for you to question and discuss issues with other participants and cardiac rehabilitation staff

What will we talk about?

- Your 'pump': how the heart works and what causes problems
- Exercise, sexual relations, relaxation and dealing with stress
- Feelings, thoughts and emotions
- Returning to work and getting on with life
- Talking to your doctor
- Food and nutrition
- Medications

What should you bring?

Please wear comfortable layers of clothing, and select safe shoes that are suitable for exercise.

You will be given a

- folder to hold the information you receive during rehabilitation
- certificate of achievement on completion of cardiac rehabilitation
- you may bring a family member or friend with you who may participate at no extra cost.

Cost

- \$5.00 per session

