

Use the below list to keep track of when you have attended each module.

0151 604 7307 (option 1)

wcnt.cardiacrehab@nhs.net

|  |  |
| --- | --- |
| **Educational module**  | **Date attended** |
| Atrial fibrillation (AF) and stroke |  |
| Basic Life support and Automated External Defibrillator (AED) use |  |
| Cardiac conditions |  |
| Cardiovascular disease (CVD) and the heart |  |
| **Exercise for a healthy heart (core module)** |  |
| Getting back on track |  |
| **Healthy eating (core module)** |  |
| Healthy mind, healthy heart |  |
| Heart failure (HF) explained |  |
| **Managing medicines (core module)** |  |
| **Risk factors (core module)** |  |
| Stress and your heart health |  |
| **Steps to success (core module)** |  |
| Weight management |  |

**Cardiovascular Health Education**

at St Catherine’s

St Catherine’s Health Centre, Derby Road, Birkenhead. CH42 0LQ (Rehab Room 2, Ground Floor, Wing 1)

**January – June 2025**

We believe your knowledge and understanding of your cardiovascular system and related health conditions are essential in your rehabilitation journey.

Please join us for some educational modules.

Please refer to the module outlines for what is covered in each presentation. For all of our in person educational talks, there is no need to book on, just turn up at the time stated.

We welcome and encourage family, friends, and carers to attend.



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All presentations can also be found online on our Trust website and Facebook with voice-overs

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| --- | --- | --- | --- | --- |
|  | **Monday 3pm-4pm****St Catherine’s** | **Tuesday 11am-12am****St Catherine’s** | **Thursday 3pm-4pm****St Catherine’s** | **Friday 11am-12pm****St Catherine’s** |
| **JAN** | 6th Risk Factors13th Stress and your heart health20th AF and stroke27th Getting back on track | 7th Cardiac conditions14th Basic Life Support and AED use21st Exercise for a healthy heart28th Healthy eating | 2nd Healthy eating9th Healthy mind, healthy heart16th CVD and the heart23rd Managing medicines30th Steps to success | 3rd Weight management10th Heart failure explained17th Cardiac conditions24th Basic Life Support and AED use31st Exercise for a healthy heart |
| **FEB** | 3rd Weight management10th Heart failure explained17th Cardiac conditions24th Basic Life Support and AED use | 4th Healthy mind, healthy heart11th CVD and the heart18th Managing medicines25th Steps to success | 6th Risk Factors13th Stress and your heart health20th AF and stroke27th Getting back on track | 7th Healthy eating14th Healthy mind, healthy heart21st CVD and the heart28th Managing medicines |
| **MAR****SEPT** | 3rd Exercise for a healthy heart10th Healthy eating17th Healthy mind, healthy heart24th CVD and the heart31st Managing medicines | 4th Risk Factors11th Stress and your heart health18th AF and stroke25th Getting back on track | 6th Weight management13th Heart failure explained20th Cardiac conditions27th Basic Life Support and AED use | 7th Steps to success14th Risk Factors21st Stress and your heart health28th AF and stroke |
| **APR** | 7th Steps to success14th Risk Factors21st Stress and your heart health28th AF and stroke | 1st Weight management8th Heart failure explained15th Cardiac conditions22nd Basic Life Support and AED use29th Exercise for a healthy heart | 3rd Exercise for a healthy heart10th Healthy eating17th Healthy mind, healthy heart24th CVD and the heart | 4th Getting back on track11th Weight management18th Heart failure explained25th Cardiac conditions |
| **MAY** | 5th Getting back on track12th Weight management19th Heart failure explained26th Cardiac conditions | 1st Healthy eating8th Healthy mind, healthy heart15th CVD and the heart22nd Managing medicines29th Steps to success | 1st Managing medicines8th Steps to success15th Risk Factors22nd Stress and your heart health29th AF and stroke | 2nd Basic Life Support and AED use9th Exercise for a healthy heart16th Healthy eating23rd Healthy mind, healthy heart30th CVD and the heart |
| **JUN** | 2nd Basic Life Support and AED use9th Exercise for a healthy heart16th Healthy eating23rd Healthy mind, healthy heart30th CVD and the heart | 3rd Risk Factors10th Stress and your heart health17th AF and stroke24th Getting back on track | 5th Getting back on track12th Weight management19th Heart failure explained26th Cardiac conditions | 6th Managing medicines13th Steps to success20th Risk Factors27th Stress and your heart health |