

Cardiac rehabilitation program FAQ

What should I expect?

This can vary from person to person; we'll walk you through what to expect when we initially contact you or see you in person.

How do I get an appointment?

Appointments are by referral only. Your family doctor or cardiologist can refer you to the program.

How long is the program?

The program runs from 2 – 8 weeks. The time you will need is assessed individually based on your diagnosis and availability.

Do I have to go?

The program is not compulsory. However, if you have been referred, it is because your physician feels you will benefit from the program and we encourage you to attend.