Navigating Your Cardiovascular Recovery

Time: 9 am to 12 pm; Place: 41 Mall Road, Burlington, MA Lobby Conference Room

Third Monday of the month

Session I	Session II
February 18, 2013	March 18, 2013
April 15, 2013	May 20, 2013
June 17, 2013	July 15, 2013
August 19, 2013	September 16, 2013
October 21, 2013	November 18, 2013
December 16, 2013	January 20, 2014

Presented to you by the Cardiovascular Prevention and Rehabilitation Team

Bartholomew Woods, MD, Medical Director

Patricia Toye, BS, RN, Program Director

Lisa Catalano, MSW, LICSW

(Social Worker)

Lyle Kantor, PhD (Psychologist)

Diane Koczat, BS, RN (Cardiac Rehab Nurse)

Holly Williams, MS, RD (Dietician)

Leslie Mitchell, PharmD (Pharmacist)

Cindy Neels, MPH, RD, LDN

(Dietician)

Erica Paine, MS (CV Technician II)

Pamela Sherry, PharmD (Pharmacist)

Deborah Sullivan, MS, APRN, BC

(Cardiac Rehab Nurse)

Jennifer VanDerLinden, MSW, LCSW

(Social Worker)

Seating capacity is limited. Please register a minimum of $\underline{\text{two days prior}}$ to the session.

Sessions do not need to be taken consecutively, but we do recommend you complete both programs.

Please register your family members and guests by calling Sally Demopoulos,

Cardiovascular Prevention and Rehabilitation Program, 781.744.2460.



Navigating Your Cardiovascular Recovery

A symposium designed to provide you, your family and members of your support network with information designed specifically for your recovery period. We will provide you with new skills and guidance on positive lifestyle habits to help you optimize the health of your heart! Additional resources will be identified so you can continue the education process based on your own individual needs and interests.

Session I

8:45 am Registration

9:00 am Navigating Your Nutritional Needs

Creating balance in your diet for heart health

9:45 am Managing Stress Before it Manages You

- Principles and practice of relaxation therapy
- Building in additional stress buffers

10:30 am Short Break

10:45 am Nurse's Notes

- Overview of the cardiovascular system
- Recognizing and managing cardiovascular symptoms

11:30 am Optimizing Cardiovascular Health

 Understanding and managing cardiovascular risk factors

12:15 pm Wrap up and Evaluations

Session II

8:45 am Registration

9:00 am Coping with Cardiac Illness: The Road to Emotional Wellness

 Understanding and coping with the cardiac blues and other emotions.

9:45 am Mapping Your Medications

- Strategies to enhance medication adherence
- Over-the-counter (OTC) medications and herbal supplements

10:30 am Short Break

10:45am Planning Your Fitness Routine

 Strategies for starting and maintaining a safe, effective exercise program.

11:30 am Current Trends in The Management of Cardiovascular Disease

12:15 pm Wrap Up and Evaluations

We recommend that you attend both sessions if you have recently been discharged from the hospital with a cardiac diagnosis and are considering or will be attending the Cardiovascular Prevention and Rehabilitation Program.

