



Navigating Your Cardiovascular Recovery

Third Wednesday of the month

January 20, 2010	July 21, 2010
February 17, 2010	August 18, 2010
March 17, 2010	September 15, 2010
April 21, 2010	October 20, 2010
May 19, 2010	November 17, 2010
June 16, 2010	December 15, 2010

Time: 9 am to 12 pm; **Place:** Lobby Conference Room

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 McCarthy, MS, RD (*Dietician*)

Leslie Mitchell, PharmD (*Pharmacist*)
Cindy Neels, MPH, RD, LDN (*Dietician*)

Kara Schworm, MS, PT (*Physical Therapist*)
Pamela Sherry, PharmD (*Pharmacist*)

Deborah Sullivan, MS, APRN, BC (*Cardiac Rehab Nurse*)
Jennifer VanDerLinden, MSW, LCSW (*Social Worker*)

Please call Sally Demopoulos at **781-744-2460** to register for this free program.



Navigating Your Cardiovascular Recovery is a symposium designed to provide you, your family and your support network with information designed specifically for the 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.

9:00 am Session I: *Navigating your Nutritional Needs*

- Creating balance in your diet for heart health

9:30 am Session II: *Managing Stress Before it Manages You*

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

10:00 am Session III: *Coping with Cardiac Illness: The Road to Emotional Wellness*

- Understanding and coping with the cardiac blues and other emotions

10:30 am *Short Break*

10:40 am Session IV: *Nurse's Notes*

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

11:00 am Session V: *Mapping Your Medications*

- Strategies to enhance medication adherence
- Over the counter (OTCs) medications and herbal supplements: Considerations for patients with cardiovascular disease

11:30 am Session VI: *Optimizing Cardiovascular Health*

- Understanding and managing cardiovascular risk factors

11:50 am *Wrap up and evaluations*

We recommend that you attend this session 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.

Parking: Parking vouchers can be purchased through the Cardiovascular Prevention and Rehabilitation Program at the reduced rate of **\$5.00** for the day. (*Please bring exact amount*).

Seating capacity is limited. Please register a minimum of **two days prior** to the conference. Please register your family members and guests by calling Sally Demopoulos, Cardiovascular Prevention and Rehabilitation Program, 781-744-2460.