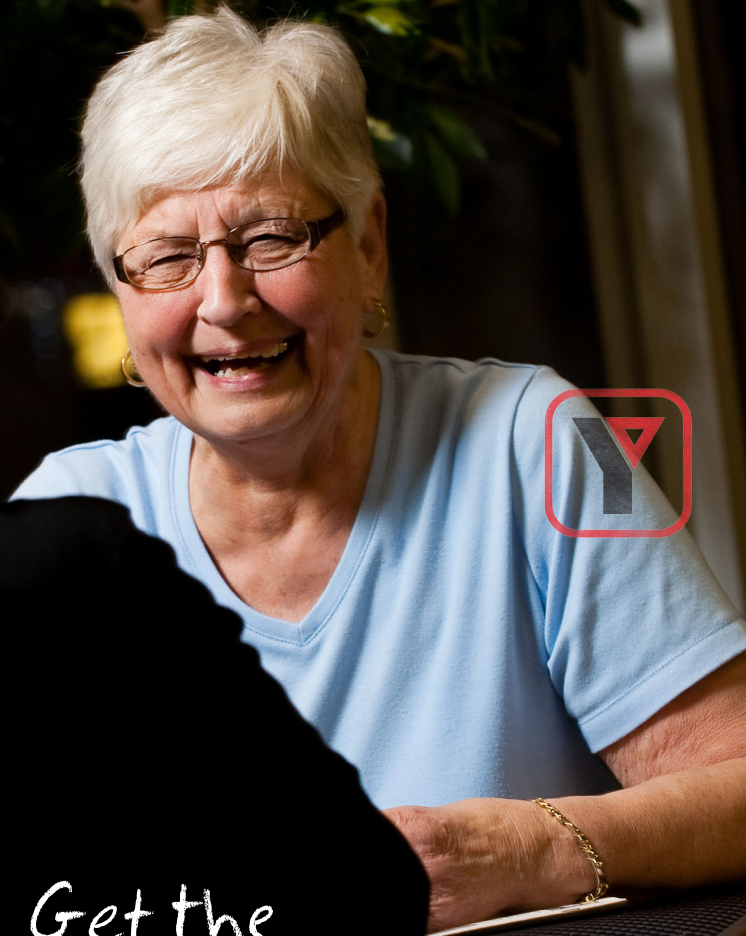


Adult Programs



Get the most out of life!

ST. PAUL'S HOSPITAL AND  
YMCA HEALTHY HEART  
COMMUNITY WELLNESS PROGRAM

Do you struggle with:

Weight issues	Abnormal cholesterol	Poor diet
Lack of physical activity	Diabetes	Stress
High blood pressure	Tobacco addiction	Heart disease

The St. Paul's Hospital and YMCA Healthy Heart Community Wellness Program can help you lead a healthier lifestyle. Through education, lifestyle changes and exercise, you too can improve your health and lower your risk of heart disease.

## EDUCATION AND NUTRITION

Through educational sessions, you will learn about healthy eating, exercise and how to make changes in all areas of life that can help you tackle your health challenges.

## FITNESS

This program includes a monthly membership at the YMCA. As a member, you are welcome to enjoy everything we have to offer, including group fitness sessions taught by certified YMCA staff.

## MEDICAL SUPPORT

The program is supervised by a health care team from St. Paul's Hospital including a Physician, Registered Nurse/Patient Educator, Registered Dietician, Occupational Therapist and Exercise Specialist.

## REGISTRATION

You can refer yourself or be referred by your doctor. Please contact us for more information on the benefits of being part of the St. Paul's Hospital and YMCA Healthy Heart Community Wellness Program.



**HEART CENTRE**

PROVIDENCE HEALTH CARE

This program is sponsored in part by:



**Manulife Financial**

For your future™

**Robert Lee YMCA**

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