

Locations and Schedule

Kensington Community Centre

5175 Dumfries Street
(Knight & 33rd Avenue)
Vancouver, BC
604-718-6200

Happy Hearts Maintenance

Group Exercise
Mon 10:00am-11:00am
Wed 9:30am-10:30 am
Wed 11:00am-12:00pm

Happy Hearts Plus

Group Exercise
Mon 12:30pm-1:30pm
Wed 12:30pm-1:30pm

Education Workshops
Wednesdays 1:45pm-2:45pm

Dunbar Community Centre

4747 Dunbar Street
(Dunbar & 31st Avenue)
Vancouver, BC
604-222-6060

Happy Hearts Maintenance

Group Exercise
Mon 8:00am-9:00am
Thurs 8:00am-9:00am

Happy Hearts Plus

Group Exercise
Tues 10:30am-11:30am
Thurs 10:30am-11:30am

Education Workshops
Thursdays 9:15am-10:15am

How to Enroll

1. Fill out a registration form at Kensington / Dunbar Community Centres or online at vancouverparks.ca.
2. Fax your application to a Happy Hearts Coordinator at VGH 604-875-5794 or drop it off at Kensington or Dunbar Community Centres.
3. A Happy Hearts Coordinator will contact you and set up a cardiac assessment to determine if the Happy Hearts program is right for you.
4. After being approved for the program, you can purchase a Happy Hearts Flexipass at Kensington or Dunbar Community Centres and start your healthy lifestyle that same day!

For more information visit
vancouverparks.ca



HAPPY HEARTS

The support you need to fight
and prevent heart disease



Are you living with heart disease or at risk of developing it?

- heart attack
- angina
- angioplasty
- open heart surgery
- heart failure
- hypertension
- obesity
- smoking
- diabetes
- sedentary lifestyle
- strong family history of premature coronary artery disease

Do you want to prevent cardiac conditions and make a healthy lifestyle change?

Register for the Happy Hearts program and enjoy a community based exercise program specially created by the UBC VGH Centre for Cardiovascular Health, Heart Centre at Saint Paul's Hospital and the Vancouver Park Board for people with heart disease and for those at risk.

HAPPY HEARTS MAINTENANCE

For participants who have completed a hospital based cardiac rehabilitation program within the last year.

HAPPY HEARTS PLUS

For participants who have or are at risk for heart disease, and want to prevent cardiac conditions and make a healthy lifestyle change.

Both programs include:

- **Group exercise classes twice per week** led by instructors with the qualifications and expertise to effectively work with those living with cardiac conditions *
- **Use of specialized equipment**
- **Support of a dietitian, occupational therapist, social worker, and psychiatrist**
- **Weekly one hour education seminars** on nutrition, blood pressure, setting goals, physical activity, managing stress, and diabetes
- **Weekly visits from a Happy Hearts Coordinator, under the direction of VGH cardiac rehab cardiologists**, who will work with participants towards control of risk factors, exercise prescription, medication management and health lifestyle behaviors*
- **Access to all Park Board 15 Fitness Centres, 14 Pools and 8 Rinks**

**Participants enrolled on the Happy Hearts Maintenance program will have exercise classes only once per week and visits from the VGH Happy Hearts Coordinator once per month.*

"I think the Happy Hearts program is terrific! I find the instructors are encouraging without being pushy. They really respect each person's abilities, so I find it easy to come."

Judy Thomson
Happy Hearts participant at Dunbar CC

Happy Hearts Fees

The Happy Hearts fee includes all the mentioned services. A long-term commitment is not required and you can choose the payment method that best fits your budget:

DURATION	ADULTS	SENIORS (65+)
1 month	42.86	29.46
3 months	111.61	77.86
4 months	141.96	100.00
6 months	193.75	135.71
12 months	350.00	245.54

**Prices do not include taxes*

