



Office Use:

Class: _____

Start Date: _____

Happy Hearts Programs Referral Form

Cardiac rehabilitation programs may use this form to refer their **graduates** to Happy Hearts community programs. Please complete the form as indicated and ensure you select the appropriate program.

Select Program:

- ☐ Happy Hearts Plus (medically-supervised and case-managed in the community)
- ☐ Happy Hearts Maintenance (self-paced, self-managed exercise class in the community)

Select Location:

- ☐ Kensington Community Centre ☐ Dunbar Community Centre
- ☐ Jewish Community Centre (Happy Hearts maintenance only at this location)
- ☐ Champlain Community Centre (Happy Hearts maintenance only at this location)

Date: _____

Name: _____ DOB: _____ Carecard#: _____

Address: _____

Telephone: _____ Emerg Contact: _____

Relevant medical history/medications: _____

Family Physician: _____ Cardiologist: _____

Cardiac Rehabilitation Exercise Program Summary (to be filled out by Case Manager)

Location: _____ Graduation Date: _____

Referring CM / MD / EP (please circle one): _____

Exercise Prescription (Target Heart Rate): _____ bpm

Aerobic Training workloads:

Treadmill: _____ Stationary Bike: _____

Seated Stepper: _____ Rowing Machine: _____

Elliptical: _____ Other: _____

Resistance Training Program: _____

Restrictions/Comments: _____

Please refer to the back of the page for further referral instructions and location details.

The Happy Hearts Alliance is a partnership between the VGH Centre for Cardiovascular Health, St Paul's Hospital's Healthy Heart Program and community organizations to offer community cardiac wellness programs.

Please fax or email Happy Hearts PLUS referrals to the corresponding Case Manager for each location:

Location	Class Times	Case Manager	Phone/Fax	Email
Kensington Community Centre	Mondays 9:45-10:45am Education 11:00-11:30am Thursdays 2:00-3:00pm Education 3:15-3:45pm	Nick Pratap	P: 604-875-4111 ext. 63170 F: 604-875-5794	nicholas.pratap@vch.ca
Dunbar Community Centre	Tuesdays 1:00-2:00pm Education 2:15-2:45pm	Bonnie MacCoy	P: 604-875-4111 ext. 68904 F: 604-875-5794	bonnie.maccoy@vch.ca

For Happy Hearts (maintenance) referrals to Kensington, Dunbar, Champlain Heights, and Jewish Community Centre, please provide a copy of the referral to the participant. Participants can self-register at their preferred location. Below is a list of Happy Hearts classes.

<u>Location</u>	<u>Address</u>	<u>Phone #</u>	<u>Class Times</u> <i>*Participants register for one class unless otherwise specified*</i>
Kensington Community Centre	5175 Dumfries Street (Knight & 33 rd Ave)	(604) 718-6200	Monday 8:30am - 9:30am Monday 11:00am – 12:00pm Tuesday 8:30am - 9:30am Saturday 11:00am - 12:00pm Cost: Flexi-pass rate
Dunbar Community Centre	4747 Dunbar St. (Dunbar & 31 st Ave)	(604) 222-6060	Monday 1:00pm-2:00pm Wednesday 1:00pm-2:00pm Thursday 4:15pm-5:15pm Friday 9:00am-10:00am Cost: Flexi-pass rate
Champlain Heights Community Centre	3350 Maquina Dr.	(604) 718-6575	Tuesday 2:00pm-3:00pm Thursday 2:00pm-3:00pm Cost: Flexi-pass rate
Jewish Community Centre	950 West 41 st Ave.	(604) 257-5111 Email: erin@jccgv.bc.ca	Participants attend 2 classes per week: Monday & Wednesday 11:45am-12:45pm or Tuesday & Friday 1:00-2:00pm For more information on program fee and how to register: https://www.jccgv.com/fitness-and-wellness/medically-based/

**Class times are subject to change without notice. Please check with your preferred community centre for up-to-date class times.