



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 Location:

- Kensington Community Centre
 Dunbar Community Centre
 Robert Lee YMCA
 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): _____

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

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	Mon/Wed 12:30-1:30pm or Tues/Thurs 9:00-10:00am	Nick Pratap	P: 604-875-4111 ext. 63170 F: 604-875-5794	nicholas.pratap@vch.ca
Dunbar Community Centre	Mon/Wed 5:00-6:00pm or Tues/Thurs 10:30-11:30am	Nikki Davis	P: 604-875-4111 ext. 68904 F: 604-875-5794	nicole.davis@vch.ca
Robert Lee YMCA	Wednesdays 10:30-11:45am or 2:30-3:45pm	Kylie Morgan	P: 778-239-5909 F: 604-806-8590	kmorgan@providencehealth.bc.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. For Robert Lee YMCA, please fax referrals to the case manager listed above. 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 9:30-10:30am Monday 11:00am -12:00pm Wednesday 9:30-10:30am Wednesday 11:00am-12:00pm
Dunbar Community Centre	4747 Dunbar St. (Dunbar & 31 st Ave)	(604) 222-6060	Monday 8:00-9:00am Monday 11:00am-12:00pm Wednesday 11:00am-12:00pm Thursday 8:00-9:00am Friday 11:00am-12:00pm
Champlain Heights Community Centre	3350 Maquina Dr.	(604) 718-6575	Tuesday 2:45-3:45pm Thursday 2:45-3:45pm
Jewish Community Centre	950 West 41 st Ave.	(604) 257-5111	Participants have their choice of any 2 classes per week: Monday 11:45am-1:00pm Monday 2:00-3:15pm Wednesday 7:30-8:30am Wednesday 11:45am-12:45pm Wednesday 2:00-3:00pm Friday 7:30-8:45am Friday 11:45am-12:45pm
Robert Lee YMCA	955 Burrard St.	(604) 689-9622	Mon/Thurs 9:00-10:15am Mon/Thurs 10:30-11:45am Mon/Thurs 2:30-3:45pm Tues Only 10:30-11:45am Wed/Fri 9:00-10:15am Fri Only 10:30-11:45am Fri Only 2:30-3:45pm