

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

Happy Hearts Maintenance

Register for one of the Group Exercise classes below:

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

Happy Hearts Plus

Register for one of the Group Exercise classes below:

Mon & Wed 12:30pm-1:30pm
Tue & Thu 9:00am-10:00am

Education Workshops*

Mon 1:45pm-2:45pm
Tue 10:15am-11:15am

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

Happy Hearts Maintenance

Register for one of the Group Exercise classes below:

Mon 8:00am-9:00am or 11:00am-12:00pm
Wed 11:00am-12:00pm
Thu 8:00am-9:00am
Fri 11:00am-12:00pm

Happy Hearts Plus

Register for one of the Group Exercise classes below:

Tue & Thu 10:30am-11:30am
Mon & Wed 5:00pm-6:00pm

Education Workshops*

Mon 6:15pm-7:15pm
Thu 9:15am-10:15am

CHAMPLAIN HEIGHTS COMMUNITY CENTRE
3350 Maquinna Dr, Vancouver, BC V5S 4C6
(604) 718-6575

Happy Hearts Maintenance

Tue 2:45 to 4:15pm
Thurs 2:45 to 4:15pm

*Happy Hearts Maintenance Program only.

*Registration not required.
Free for everyone!



Happy Hearts Plus Program

- 1 Have your doctor complete the 2-page referral form. Form available at Kensington/Dunbar Community Centres or online at Vancouver.ca.
- 2 Fax your referral to 604-875-5794 or drop it off at Kensington/Dunbar Community Centres.
- 3 A Happy Hearts Coordinator will contact you to set up enrollment and pre-requisite tests if needed.

Happy Hearts Maintenance

- 1 Have your Cardiac Rehab Case Manager complete the 1-page referral form. Form available at Kensington/Dunbar/Champlain Community Centre or online at Vancouver.ca
- 2 Once you have graduated from your cardiac rehab program, register in-person at Kensington/Dunbar/Champlain Community Centre for your maintenance exercise class.

Call the Happy Hearts Coordinator at the VGH Centre for Cardiovascular Health at 604-875-5389 for more information.



“ 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

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

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

Prevent cardiac conditions and make a healthy lifestyle change!

Register for Happy Hearts and enjoy one of two community-based group exercise programs specially created by the UBC & VGH Centre for Cardiovascular Health, Heart Centre at St. Paul's Hospital and Vancouver Park Board for people with or at risk for heart disease.



HAPPY HEARTS MAINTENANCE

This program is for individuals who have recently completed a cardiac rehab program and would benefit from ongoing group support and guidance provided by experienced fitness leaders. These instructor-led group exercise classes are offered once per week.

HAPPY HEARTS PLUS

This program is for individuals who have or are at risk for heart disease and want to prevent cardiac conditions and make a healthy lifestyle change.

- Instructor-led group exercise classes twice per week
- Weekly visits from a Happy Hearts Case Manager to provide support towards healthy lifestyle behaviours, risk factor management, exercise programming and education
- Weekly one hour education workshops on nutrition, blood pressure, setting goals, physical activity, managing stress and diabetes
- Support and direction provided by program cardiologists, as needed
- Usual program length: 6 months

All Happy Hearts participants have access to the entire network of Park Board and participating Association fitness centres, swimming pools and arenas.

Happy Hearts Fees

The Happy Hearts program provides flexible payment options based on your budget; no long-term commitment required. Sign-up for your Happy Hearts pass to receive all of the aforementioned program-specific services.

The Happy Hearts pass is equivalent to the Adult and Senior monthly Flexipass packages. For more information and pricing, please visit vancouver.ca or phone 3-1-1 (604-873-7000 outside of Vancouver).

