

Who we are

Heart Rehab is delivered by experienced health professionals including:

- accredited exercise physiologists
- physiotherapists
- nurses
- occupational therapists
- social health (psychologists and social workers)
- accredited practicing dietitians
- pharmacists.

Where to start?



For Mob connected to an **Aboriginal Medical Service**, your local clinic GP or nurse can refer you.



For Mob connected to **another clinic or service**, please email the Heart Rehab team at rehab@iuih.org.au



Or, you can contact us directly to yarn about the program - rehab@iuih.org.au



To find out if Heart Rehab is in your local area, visit iuih.org.au/heartrehab



For further information, contact **Mob Link on 1800 254 354**



www.iuih.org.au



Heart Rehab

Community based
rehab program
for **Mob** with
heart conditions



Heart Rehab is free and tailored for Aboriginal and Torres Strait Islander people with conditions including:

- chronic heart condition
- irregular heartbeat
- heart attack
- stable angina
- valve disease
- transient ischaemic attack
- coronary heart disease.

If you can't see your heart condition listed here, please reach out to us, as you're still eligible!

The program runs twice a week for eight weeks.

What happens at Heart Rehab?

The program offers a supportive and friendly group environment to yarn about your health, learn about living well, and move with an exercise program especially tailored for you. The team will work with you to develop your skills to support everyday activities that are important to you.

Heart Rehab can help you to...

Feel calm and strong in your mind
(Social and emotional wellbeing)



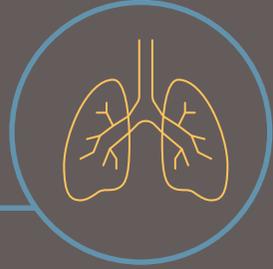
Feel safer and more confident to move and get around
(Everyday activities)



Manage your weight through learning about healthy food choices
(Diet and nutrition)



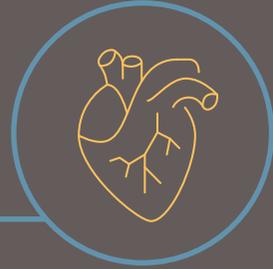
Breathe easier
(Improved lung function)



Get stronger and fitter in your body
(Exercise and fitness)



Strengthen your heart and blood pressure
(Improved heart function)



Improve any aches and pains
(Muscles, bones and joints)

