



Take C.H.A.R.G.E. Alumni Education Series

Take C.H.A.R.G.E. is a monthly education series for cardiac rehab graduates and their families and supporters. This series aims to empower our alumni through knowledge and support in maintaining sustainable, heart healthy lifestyles after graduation. Sessions are facilitated by experts at the Cardiac Rehab Program and invite guest speakers from the healthcare community.

The Fall 2010 series registration fee is **\$20.00 per graduate** which includes: admission for you & one guest to all events, heart healthy refreshments, free parking at Toronto Rehab and the Holiday Feast dinner in December.

Fall 2010 Event Schedule *(July 2010 revision)*

Sept 16, 2010 6:30 – 8:00PM	Toronto Rehab Rumsey Centre 347 Rumsey Rd (Bayview & Eglinton)	We have all heard again and again about the benefits of exercise in preventing and managing heart disease. Today, Dr. Michael Sarin , one of our favourite program physicians, will talk about Exercise and Chronic Disease and how the same holds true for other chronic diseases, such as diabetes, cancer and vascular disease.
Oct 21, 2010 6:30 – 8:00PM	Bloorview Kids Rehab Conference Centre 150 Kilgour Rd (Bayview & Eglinton)	The heart is a complicated organ with many different systems. We have learned about the “plumbing” side of things and some of you may recall Rob’s electricity talk last series. Today, we invite Dr. Fuad Moussa , cardiac surgeon at Sunnybrook, to expand on the heart’s electrical system and discuss how Pacemakers have evolved over the years to help maintain heart rhythms.
Nov 18, 2010 6:30 – 8:00PM	Toronto Rehab Rumsey Centre 347 Rumsey Rd (Bayview & Eglinton)	Do our social relationships really affect our hearts? Evidence suggests that high levels of social support can act as a protective factor for both healthy individuals and people living with heart disease. Dr. Tracey Colella , our Advanced Practice Leader, will share the health benefits of Peer Support and discuss how you as graduates will be integral to Toronto Rehab’s Peer Support Initiative.
Dec 16, 2010 6:30 – 8:00PM	Toronto Rehab Rumsey Centre 347 Rumsey Rd (Bayview & Eglinton)	We are delighted to host the 7th annual Take C.H.A.R.G.E. Holiday Feast! Celebrate the holiday season with your fellow graduates and join us for a full, heart-healthy dinner, followed by games, prizes and a photo highlights from 2010.



347 Rumsey Road
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Ph: 416-597-3422, Ext. 5200

www.torontorehab.com

To register, complete and submit the attached [registration form](#).

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Take C.H.A.R.G.E. Alumni Education Series

MEMBER REGISTRATION FORM

Fall 2010 Series

(Please print clearly)

Section A: NAME & CONSENT

Full name:	
Are you a returning member of Take C.H.A.R.G.E.?	<input type="checkbox"/> Yes, and my contact details are the same (skip to Section C) <input type="checkbox"/> Yes, but my contact details have changed (proceed to Section B) <input type="checkbox"/> No, I am a new member (proceed to Section B)

Section B: CONTACT INFORMATION

Mailing address:	
Telephone no.(s):	
Email address:	

Section C: PERMISSION TO CONTACT

Can we contact you about upcoming events, other alumni programs and future research opportunities during the current and future series?	<input type="checkbox"/> Yes, I prefer to be contacted by: <input type="checkbox"/> Email <input type="checkbox"/> Telephone <input type="checkbox"/> Mail/Post <input type="checkbox"/> No, please do not contact me
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Section D: PAYMENT DETAILS

Payment method:	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque payable to: Cardiac Rehab Graduates Association
Your signature:	
Today's date:	

Please enclose your **\$20.00 registration fee** and
DROP OFF at Toronto Rehab's Rumsey Centre reception desk

OR

MAIL to:



Amy Hwang, Heart Health for Life Project Leader
347 Rumsey Road, Toronto, ON M4G 1R7

