

Take C.H.A.R.G.E.

Alumni Education Series

For graduates of Toronto Rehab's
Cardiac Rehabilitation & Secondary Prevention Program

Take C.H.A.R.G.E. is a monthly education and community-building series for graduates of the cardiac rehab, diabetes, heart failure and stroke exercise programs. This series aims to empower graduates and their family members/supporters to maintain heart healthy lifestyles through education and social support. Educational sessions are facilitated by experts at Cardiac Rehab and frequently host guest speakers from the healthcare community. Run in collaboration with the Cardiac Rehab Graduates Association (CRGA), Take C.H.A.R.G.E. also offers peer support and community building opportunities, including a Summer BBQ and Holiday Feast.



- Past educational topics:
 - Cardiac medications and you
 - Minimally invasive cardiac surgery
 - Exercise and chronic disease
 - Diabetes prevention and management
 - Music and heart health
- 2 series each year:
 - Fall (4 events) and Winter/Spring (6 events)
- Events usually on 3rd Thursday of month, 6:30-8:00PM
- Nominal registration fee each series includes:
 - Monthly event admission for 1 grad + 1 guest
 - Heart healthy refreshments at each event
 - Free parking at Toronto Rehab
 - Full dinner at Holiday Feast / Summer BBQ

For the current Take C.H.A.R.G.E. series schedule, please visit www.torontorehab.com/hearthealthforlife or call (416) 597-3422 x.5271

