

Steps to a healthy heart

There are a number of things you can do to help your heart and manage the risk factors associated with heart disease:

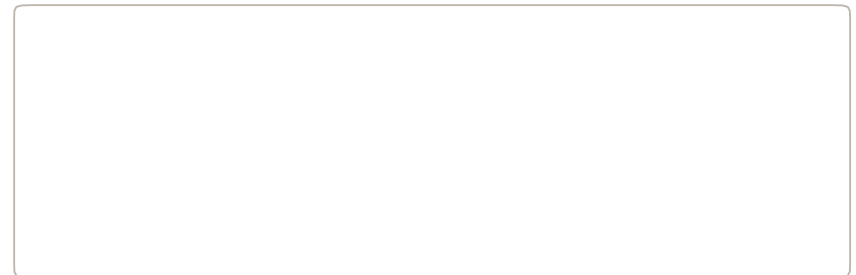
- Take your medications as prescribed
- Visit your GP regularly
- Attend a cardiac rehabilitation program
- Be smoke-free
- Choose healthy foods
- Control your blood pressure
- Achieve and maintain a healthy body weight
- Be physically active every day if possible
- Get social – join a walking group or club such as bowls or golf
- Keep in touch with your family and friends – talk to someone if you feel anxious or scared
- Join a local heart support group.

Supporting hearts

Getting better together



Join our support group and restart your life



Living with heart disease

Are you recovering from a heart attack or living with a heart condition?

Would you like to be with people who know what you are going through and can offer you hope and encouragement?

Would you like to hear more about heart disease and how to keep on track with life after a heart attack?

There are many things you can do to live a healthy and full life. You don't have to do it alone.

Lifesaving treatments are available for heart attack and heart conditions, but they do not cure heart disease.

Heart disease is a condition that needs to be managed through lifestyle changes, medication and emotional support.



We can support you

Becoming a member of a support group can have many benefits. Being with people who have experienced what you have experienced can:

- Help you feel less alone
- Help you feel more motivated to make healthier lifestyle choices
- Help you feel more in control and informed about your condition
- Help you feel a sense of belonging and community connection.

Our heart support group is a group of local ex cardiac patients and their families and friends who meet regularly to chat, share stories and learn more about heart disease and related treatments from occasional guest speakers.

New members are always welcome. If you would like further information about the group or would just like to speak with someone who understands what it is like to live with heart disease, please see contact details on the front of this brochure.

