

Have you got a diagnosis of Heart Failure?

Do you want to:

- Learn how to keep active?
- Learn how to improve your well-being?
- Meet others with similar conditions?

If yes to any of these questions, then please speak to your GP or practice nurse about being referred for Cardiac Rehabilitation as you may be eligible to take part.

Cardiac Rehabilitation Programme:

This programme aims to improve fitness levels, give advice and support through education sessions from various health care professionals and guide you towards a healthier lifestyle.



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