



# Cardiac Referral Programme

## A subsidised, rehabilitation programme for individuals recovering from a cardiac episode

- The Cardiac referral programme supports individuals referred by their GP / Doctor to attend a subsidised 16 week activity class to promote safe recovery
- Available at Lutterworth and Harborough leisure centres and Houghton On The Hill village hall
- Participants will receive support during their rehabilitation from a trained cardiac specialist instructor
- The cardiac actual exercise time is 55-60 minutes followed by a half hour (recommended but not obligatory) social coffee time. This ensures safe return to base levels of blood pressure and pulse rate, and a good opportunity to answer questions and provide care advice
- Attendees will meet other participants who have faced similar experiences and will benefit from the mutual support
- On completion of the course, the participants will have gained advice specific to their individual recovery needs and can continue to exercise safely and confidently as part on their ongoing rehabilitation

**To sign up or for further information  
please email: [activeharborough.gov.uk](mailto:activeharborough.gov.uk)**

