



**HEART WEEK**

1-7 MAY  
**2016**

## You can stop heart attacks in their tracks

If you've had a heart attack, cardiac rehabilitation is the best way to avoid another.

Cardiac rehabilitation gives you access to a range of specialists to help you deal with the physical and emotional changes you've experienced. You'll work together to develop a plan to get you back on your feet and return to living an active and satisfying life.

**Cardiac rehabilitation is the best way to prevent a second heart attack. Speak to your doctor about joining a program near you.**

Visit [heartfoundation.org.au](http://heartfoundation.org.au) or call us on **1300 36 27 87** to find out more.