



Atlantic Cardiac
Rehab Network
Réseau Atlantique
de la Réadaptation
Cardiaque

News & Views ACRN/RARC

Atlantic Cardiac Rehab Network Réseau atlantique de réadaptation cardiaque Spring 2008 Update

Welcome to the Atlantic Cardiac Rehabilitation Network News and Views Bulletin. 2008 is turning out to be a very exciting year for Cardiac Rehabilitation in the Atlantic Region. Ten years ago there were a handful of cardiac rehab programs in the region. Today we have a surge of new programs as Cardiac Rehab leads the way in chronic disease management. In this issue ACRN features a list of Cardiac Rehabilitation Programs in the Atlantic Region.

CARDIAC REHABILITATION PROGRAMS IN ATLANTIC CANADA

Newfoundland	Phone
St. John's Eastern Health Corporation	(709) 777-5587
New Brunswick	
Bathurst L'hôpital régional Chaleur Cardiac Rehabilitation/Réadaptation Cardiaque	(506) 544-3255
Campbellton Cardiac Rehab Program	(506) 789-5220
Caraquet Département de Réadaptation Cardiaque	(506) 726-2173
Edmunston Clinique Recycloeur Regional Coordinator for Cardiac Rehabilitation 739-2699 ou 739-2719	(506) 739-2719
St. Quentin Centre de Réadaptation Cardiaque René Boucher Inc.	(506) 739-2699
St. Quentin Clinique Recycloeur	(506) 235-7157
Grand Falls Clinique Réycloeur	(506) 473-7697
Fredericton Cardiac Rehabilitation Program Kingswood Fitness Center	(506) 477-4738 (506) 472-3643
Miramichi Cardiac Rehab Program	(506) 623-3286
Moncton Coeur en Santé/Cardiac Wellness Program (CEPS) Healing Hearts Program (The Moncton Hospital)	(506) 858-3779 (506) 870-2944
Saint John Cardiovascular Health & Wellness Program YMCA – Cardiac Maintenance Program	(506) 648-7648 (506) 634-7720
St. Stephen Cardiac Risk Clinic Charlotte County Hospital	(506)-465-4411

Nova Scotia

Halifax

Cardiovascular and Pulmonary Health in Motion, QEII (902) 473-3846
The Community Cardiovascular Hearts in Motion Program
Dartmouth, Spryfield, Sackville (902) 473-3744
YMCA Change of Heart Program (902) 496-1888Ext 249
The Tower Heart for Life Cardiac Fitness (902) 420-5556

Kentville

Valley Regional Rehabilitation Program (902) 678-1411

Bridgewater

Cardiovascular Health & Wellness Program (902) 543-4603Ext 2222

Antigonish

Heart Health Clinic (Cardiac Rehab, Risk Factor & Heart Failure)
In development (902) 867-4720

Sydney

Heart Lung Wellness Centre (902) 563-8566
Cape Breton Cardiac Wellness (902) 563-8567

Prince Edward Island

Charlottetown

Queen's Regional Cardiac Rehabilitation (not operational) (902) 894-2066

CONGRATULATIONS CLEO!

A big congratulations goes out to Cleo Cyr whose commitment to cardiac rehab, drive and hard work has assisted her team in securing provincial government support and \$1.4 Million to expand Cardiac Rehabilitation to all health regions in New Brunswick.

AUDIO-CONFERENCE SESSIONS FOR MEMBERS

ACRN will provide four audio-conferences this year. ACRN members chose the topics they were interested in most at our 2007 Annual General Meeting. The first session of 2008 was on Basic Principles of Exercise Prescription presented by Stephen Mundle. Thank you to Steve for a very informative and enjoyable session. Upcoming sessions include:

Date	Speaker	Topic
May 15, 2008	Dr Dean Snow	Managing Depression
Sept 2008	Dr Chris Blanchard	Maintaining Healthy Behaviors post DC
Nov 2008	Weight Management	TBA

Members will receive an invitation by email 3-4 weeks prior to the session. Please register early as space is limited.

WALK OF LIFE FOR CARDIAC REHAB

Remember to register your program for the Canadian Cardiac Rehab Foundation (CCRF) Walk of Life for Cardiac Rehab <http://walkoflife.ca/>. In 2007, 34 sites across the country organized a Walk of Life in their communities to support their Cardiac Rehab programs. Hosting a walk is easy. Please contact Christina Mellos at 416-730-8299 to find out how you can get started.

NOTICE BOARD

13th Annual Atlantic Canada Cardiovascular Conference

April 18-19, 2008 Halifax, NS.

Info at Phone: (902)494-1459, Fax: (902)494-1479 E-mail: mary.ann.robinson@dal.ca

Canadian Perspectives on ACC.08 April 25, 2008, Toronto, ON. www.ccs.ca.

Preventive Cardiovascular Nursing Association 14th Annual Symposium

April 24-26, 2008 Orlando, FL. www.pcna.net.

Toronto Rehab's 2008 Cardiac Rehabilitation Symposium

"Best Practice and Innovation in Cardiac Rehab" May 2, 2008 Toronto.

www.torontorehab.com

Eastern Health Symposium-And the Beat Goes On

May 22-24, 2008 St John's NL, Contact Info 1-888-299-0676

ACSM 55th Annual Meeting May 28– 31, 2008 Indianapolis, Indiana

http://www.acsm.org/AM/Template.cfm?Section=Annual_Meeting2

The 3rd Annual Canadian Lipid Nurse Network Conference "From Prevention to Rehabilitation: Promoting Self Management along the Cardiovascular Continuum" May 29-30, 2008 Moncton, NB.

Contact Cleo Cyr at cyrcl@reg2.health.nb.ca

11th Annual Clinical Cardiology Day at the University College of Cape Breton (focus on Cardiac Rehab) June 5-6th, 2008 Sydney, Nova Scotia.

<http://www.cbu.ca/cbu/main/home.asp>

What's Working in Community Development

June 23-25, 2008, Wolfville, NS www.horizonscda.ca

The 5th Annual Atlantic Canada Stroke Conference September 19-20, 2008

Halifax, NS. Contact cme.dal.ca

The 12th Annual Scientific Meeting of the Heart Failure Society of America

September 21-24, 2008 Toronto ON.

http://www.hfsa.org/annual_meeting.asp

NB Heart Centre Symposium September 18-20, 2008 Saint John, NB.

Contact Brenda McNamara at MCNBR@reg2.health.nb.ca

American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Annual Meeting September 18-20, 2008, Indianapolis, Indiana

http://www.aacvpr.org/meeting/future_meetings.cfm

Canadian Cardiovascular Congress October 25-29, 2008 and

CACR 18th Annual Meeting and Symposium October 25-27, 2008 Toronto ON

<http://www.cardiocongress.org/english/index.html> & <http://www.cacr.ca/>

American College of Sports Medicine (ACSM) Workshop & Certification

<http://www.acsm.org/source/Meetings/cMeetingProcessSearch.cfm?Section=Register>

For French language Workshop & Certification contact the PPMC Laval Hospital in Quebec City at (418) 656-4594

OUR MISSION

The Atlantic Cardiac Rehab Network is a multi-provincial, multi-disciplinary association of professionals dedicated to providing leadership and expertise in the areas of clinical practice, research and advocacy with respect to cardiovascular disease prevention and rehabilitation.

Executive Committee

Acting Chair & Vice Chairperson
Caroline Carr BSc.PT ACSM Exercise Specialist

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Prince Edward Island
Irene Doyle MSc., RD

INFORMATION SHARING AND BECOMING A MEMBER

ACRN NEWS & VIEWS will be offered online twice a year. If you have an event, topic or suggestion that you would like to share please let us know. Please forward this newsletter to your colleagues. ACRN membership is currently open, at no cost, to anyone interested in furthering the mission of ACRN. It is strongly recommended however that members join the Canadian Association of Cardiac Rehabilitation at <http://www.cacr.ca/>. For more information about ACRN, to share information, or to become a member contact Caroline Carr at caroline.carr@cdha.nshealth.ca