



# Are you listening to your heart?

Take control of your heart health and join our Cardiac Wellness program, led by qualified health professionals and have a heart to heart about any concerns you may have.

This program of classes has been specially designed should you have cardiac health conditions or be at risk of developing these in the future.

We will give you the tools and tips to make the changes needed to keep yourself and your heart well.

**For more information:**  
1300 782 896 | [integratedliving.org.au](http://integratedliving.org.au)





A strong,  
**healthy heart**  
is essential  
for living a  
**long,  
active**  
and  
independent  
life.

### **This program will run for 16 weeks:**

- Initial assessment of your heart and health by qualified health professionals;
- Once a week face-to-face group sessions;
- Setting and achieving goals to improve your health;
- Use of an iPad for duration of the program.

### **To be eligible you must:**

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- At risk of heart disease or other heart related conditions;
- Have a My Aged Care Referral.