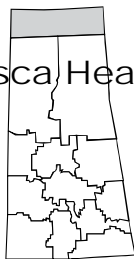


Provincial Cardiac Education and Exercise Programs by Health Region

June 2011

Athabasca Health Region



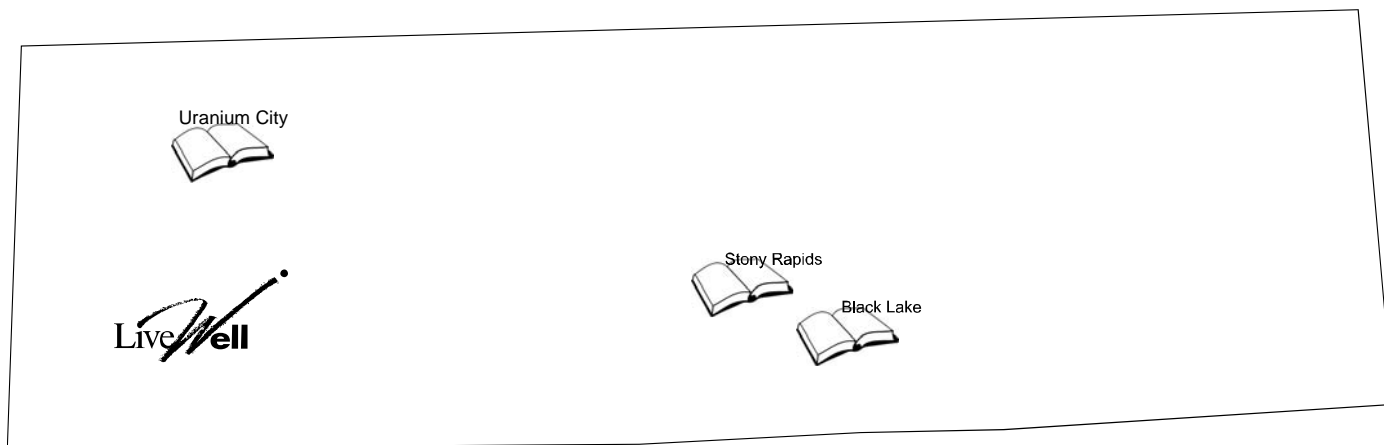
LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 

* LiveWell With Chronic Conditions Program is offered in each Saskatchewan Health Region.
Please call for program information. Toll free: 1-877-LIVE-898 (1-877-548-3898)




Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Athabasca Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	439-2200 ext 287	439-2211
Black Lake	Education	Heart and Stroke - Heart to Heart Cardiovascular Disease	439-2200	439-2210
Stony Rapids	Education	Heart and Stroke - Heart to Heart Cardiovascular Disease	439-2200	439-2210

Cypress Health Region



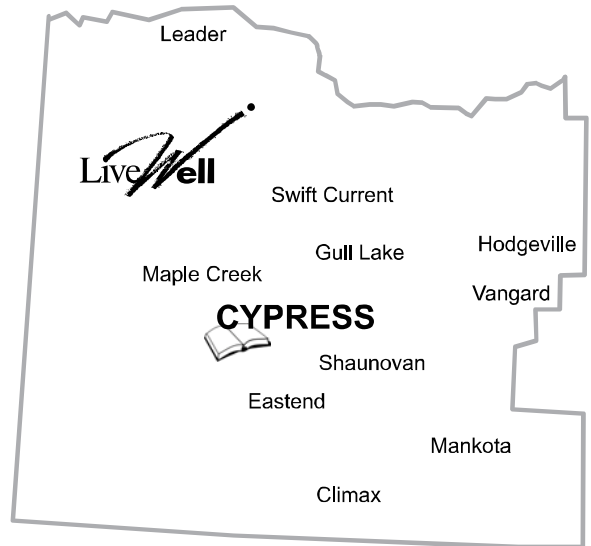
LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 

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 Program is offered in each Saskatchewan
 Health Region. Please call for program
 information. Toll free: 1-877-LIVE-898 (1-877-548-3898)



Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Cypress Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	1-877-401-8071	778-5442
Cypress Health Region	Education	Cardiovascular Disease Risk Factors	1-877-401-8071	778-5442
Cypress Health Region	Education	Cardiac Education	1-306-778-5446	1-306-778-5442



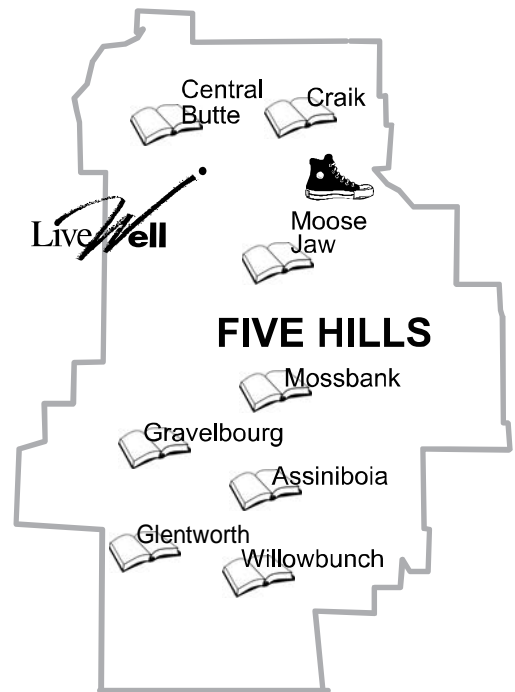
LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Five Hills Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	691-6508	
Assiniboia	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Central Butte	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Craik	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Glentworth	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Gravelbourg	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Moose Jaw	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease / Cardiovascular Disease Risk Factors	694-0212 694-0213	694-0241
Moose Jaw	Exercise	Cardiaction - Cardiac Rehab / Cardiovascular Disease Risk Factors	694-0212 694-0213	694-0241
Mossbank	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241
Willowbunch	Education	Heart to Heart - Cardiovascular Disease	694-0212 694-0213	694-0241


Heartland Health Region



LEGEND

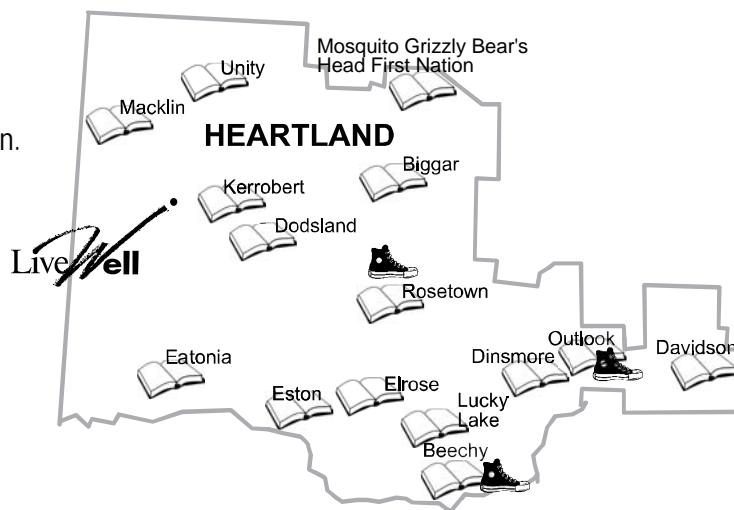
Exercise 

Education 

LiveWell With Chronic Conditions 

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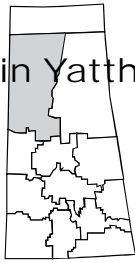
Toll free: 1-877-LIVE-898
(1-877-548-3898)




Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Heartland Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	882-2672 ext 206	
Beechy	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	867-8676 ext 409	
Beechy	Exercise	Cardiovascular Disease Risk Factors, Cardiac Rehab.	859-2118	859-2206
Biggar	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	948-3323	948-2011
Davidson	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	867-8676 ext 409 948-3323	948-2011
Dinsmore	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	882-6413 ext 230 859-2118	859-2206
Doddsland	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	463-1000 ext 223	463-4550
Eatonia	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	463-1000 ext 223	463-3550
Elrose	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	375-2511 ext 1	375-2517

Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Eston	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	463-1000 ext 223	463-4550
Kerrobot	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	463-1000 ext 223	463-4550
Lucky Lake	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	867-8676 ext 409 859-2118	859-2206
Macklin	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	834-7249	834-2972
Mosquito First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	
Outlook	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	867-8676 ext 409 948-3323	859-2206 948-2011
Outlook	Exercise	Cardiovascular Disease Risk Factors, Cardiac Rehab.	867-8676	867-2069
Red Pheasant First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	
Rosetown	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	948-3323 375-2511 ext 1	375-2517
Rosetown	Exercise	Walking/Exercise Group		867-9449
Unity	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	948-3323 834-7249	834-2972
Wilkie	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	948-3323 834-7249	834-2972

Keewatin Yatthé Health Region



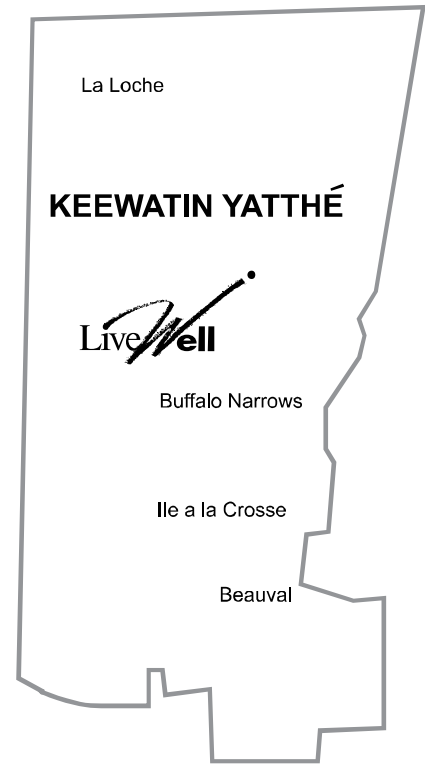
LEGEND

Exercise 

Education 

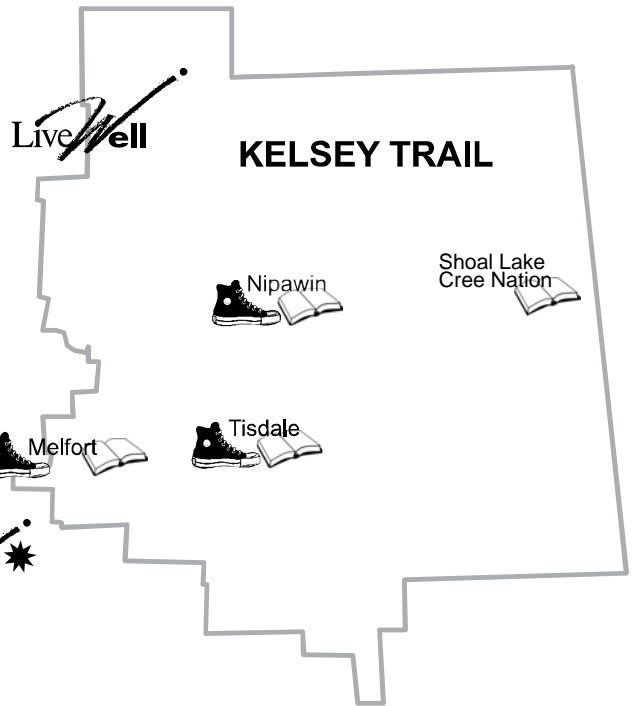
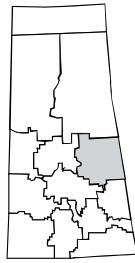
LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Keewatin Yatthé Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	833-7484	

Kelsey Trail Health Region



LEGEND

Exercise 

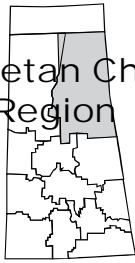
Education 

LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Kelsey Trail Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	862-7269	862-3250
Melfort	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	752-8786	752-8711
Melfort	Exercise	Cardiovascular Disease Risk Factors	752-1792	752-1755
Nipawin	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	862-7266	862-3250
Nipawin	Exercise	Cardiovascular Disease Risk Factors, Cardiac Rehab.	862-7226	862-3250
Shoal Lake Cree Nation	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	768-3457	
Tisdale	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	873-5003 ext 228	873-1049
Tisdale	Exercise	Cardiovascular Disease Risk Factors, Cardiac Rehab.	862-7266	862-3250

Mamawetan Churchill River Health Region

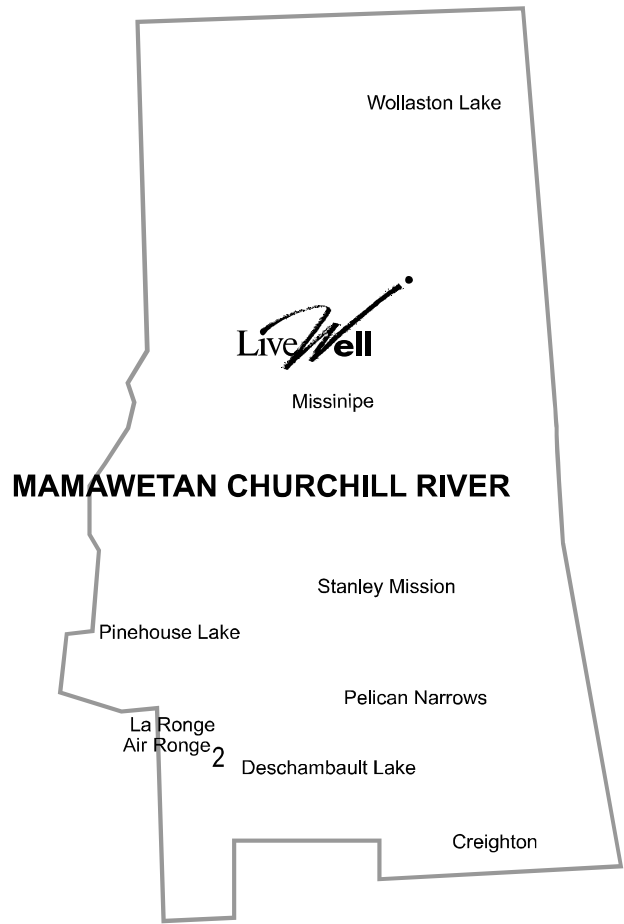


LEGEND

- Exercise 
- Education 

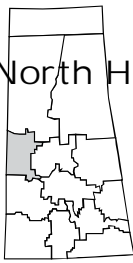
LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Mamawetan Churchill River Health Region	Education	LiveWell With Chronic Conditions - All ChronicConditions	425-4818	

Prairie North Health Region



LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Prairie North Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	446-6400 ext 6113	
Goodsoil	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	236-1529	236-3244
Little Pine First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	445-8355
Lloydminster	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	820-6096	820-6124
Lloydminster	Education	Strides for Better Health - Cardiovascular Disease Risk Factors	820-6262	820-6256
Lloydminster	Exercise	Strides for Better Health - Cardiovascular Disease Risk Factors	820-6262	820-6256
Loon Lake	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	236-1529	236-3244
Maidstone	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	820-6096	820-6124
Meadow Lake	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	236-1529	236-3244
Meadow Lake	Education	Strides for Better Health - Cardiovascular Risk Factors	236-1579)	236-4355
Meadow Lake	Exercise	Strides for Better Health - Cardiovascular Risk Factors	236-1579)	236-4355

Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Moosomin First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	445-8355
North Battleford	Education	Strides for Better Health - Cardiovascular Risk Factors	446-6400 ext 6404	446-6432
North Battleford	Exercise	Strides for Better Health - Cardiovascular Risk Factors	446-6400 ext 6404	446-6432
North Battleford	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	446-6560	445-5917
Paradise Hill	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	820-6096	820-6124
Poundmaker First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	445-8355
Sweetgrass First Nation	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	937-6700	445-8355
Turtleford	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	820-6096	820-6124
St. Walburg	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	820-6096	820-6124

Prince Albert Parkland Health Region



LEGEND

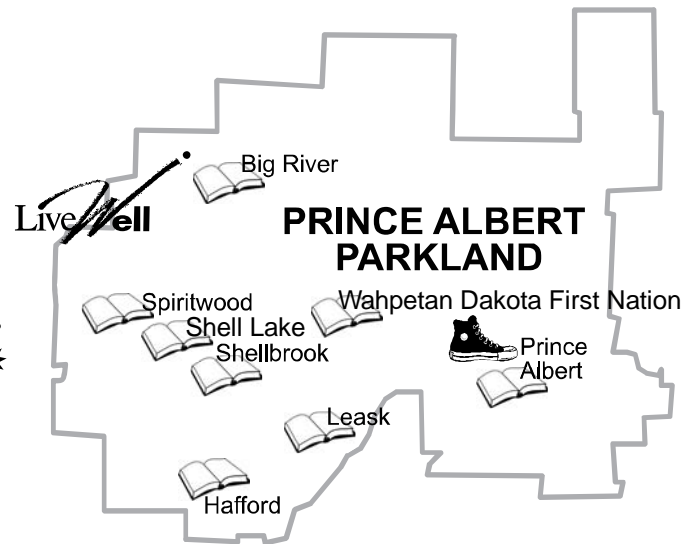


Exercise

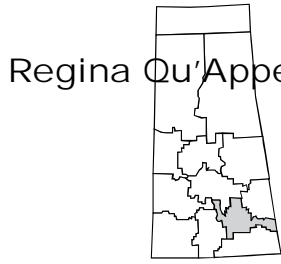
Education

LiveWell With Chronic Conditions 

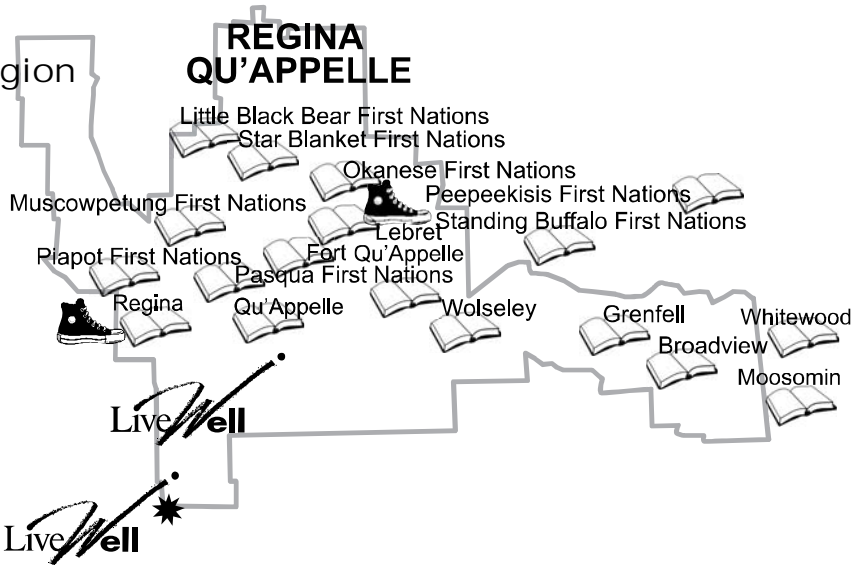
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Toll free: 1-877-LIVE-898
1-877-548-3898



Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Prince Albert Parkland Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	469-2055	
Big River	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Hafford	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Prince Albert	Exercise	FitLife Program - Cardiovascular Disease Risk Factors, Cardiac Rehab.	765-6129	765-6284
Prince Albert	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Prince Albert	Education	Risk Management Education Program - Cardiovascular Disease Risk Factors	765-6590	765-6594
Shellbrook	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Shell Lake	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Spiritwood	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	765-6590 765-6591	765-6594
Wahpeton Dakota First Nation (Community Only)	Education	Heart to Heart - Cardiovascular Disease	922-6772	922-6774



Regina Qu'Appelle Health Region



LEGEND

- Exercise 
- Education 

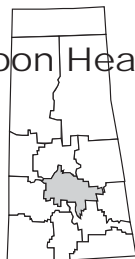
LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Regina Qu'Appelle Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	766-7300	766-7222
File Hills Community Health Services: Little Black Bear First Nation Okanese First Nation Starblanket First Nation	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	Joy Smith 334-3500	334-3508
File Hills Qu'Appelle Tribal Council First Nations Health Services: Pasqua First Nation Peepeekisis First Nation Piapot First Nation Musowpetung First Nation Standing Buffalo First Nation	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	332-2668	332-2655
Lebret	Education Exercise	Walk and Talk - Cardiovascular Disease Risk Factors: Diabetes	332-8277	332-2790
Regina	Education	Cardiac Rehab Classes- -Secondary prevention focus *Telehealth to rural sites	766-3843	766-4345


Regina	Exercise	Dr Paul Schwann Centre Medically supervised exercise- Cardiovascular and Risk Reduction	585 4004	585 5363
Regina Qu'Appelle Health Region Rural East: Broadview Grenfell Indian Head Moosomin Whitewood Wolseley	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	697- 4007	697-2686

Saskatoon Health Region



LEGEND

Exercise 

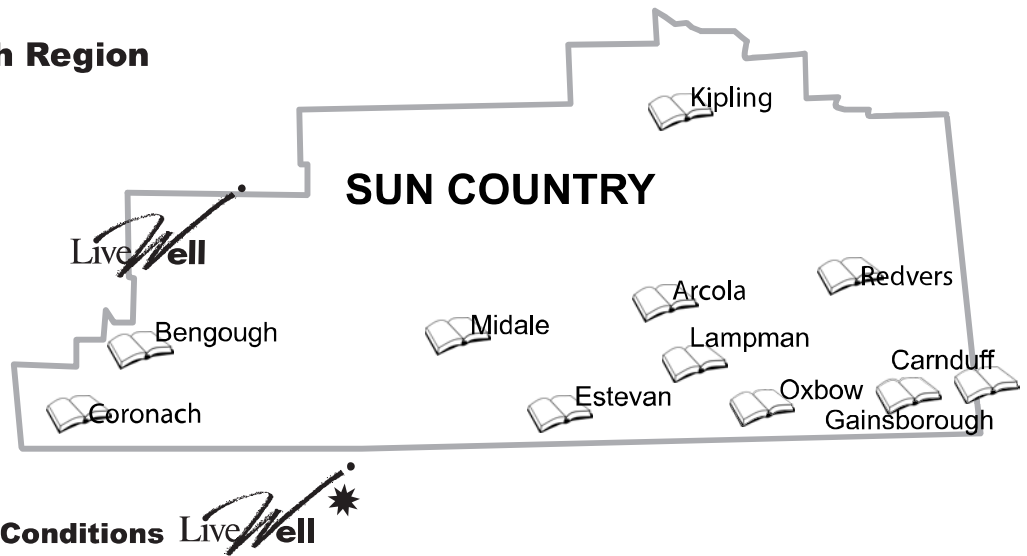
Education 

LiveWell With Chronic Conditions 

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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Saskatoon Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	655-2655 655-LIVE (5483)	655-6758
Elfros	Education	Heart to Heart - Cardiovascular Disease	682-8153	682-4046
Dafoe	Education	Heart to Heart - Cardiovascular Disease	554-3335	
Humboldt	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	682-8153	682-4046
Humboldt	Exercise	LIFE Exercise Program - Cardiac Rehab.	682-8105	
Mozart	Education	Heart to Heart - Cardiovascular Disease	554-3335	
Rosthern	Education	Cardiac Rehab.	232-8230	
Rosthern	Exercise	Cardiac Rehab.	232-8230	
Saskatoon	Education	LiveWell Cardiac Rehab. - Cardiovascular Disease Risk Factors, Cardiac Rehab.	655-LIVE (5483)	655-6758
Saskatoon	Exercise	LiveWell Cardiac Rehab. - Cardiovascular Disease Risk Factors, Cardiac Rehab.	655-1859 655-LIVE (5483)	655-6758
Wakaw	Education	Cardiac Rehab.	232-8230	
Wakaw	Exercise	Cardiac Rehab.	232-8230	
Wishart	Education	Heart to Heart - Cardiovascular Disease	554-3335	
Wynyard	Exercise	Cardiovascular Disease Risk Factors, Cardiac Rehab	554-3363 554-3335	

Sun Country Health Region



LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 


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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Sun Country Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	842-8366	
Sun County Health Region via Tele-health from Regina	Education	Cardiac Information Sessions via tele-health		
Qu'Appelle Health Region:				
Arcola			455-2771	
Bengough			268-2048	
Coronach			267-2022	
Gainsborough			685-2277	
Kipling			736-2553	
Oxbow			483-2956	
Redvers			452-6463	
Estevan			637-2421	
Carnduff	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490
Estevan	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490
Gainsborough	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490
Kipling	Education	Heart Healthy - Cardiovascular Disease	453-2075	

Lampman	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490
Midale	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490
Oxbow	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	637-2421	637-2490



LEGEND

Exercise 

Education 

LiveWell With Chronic Conditions 



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Municipality	Program Type	Program Name/Function	Phone Area code 306	Fax Area code 306
Sunrise Health Region	Education	LiveWell With Chronic Conditions - All Chronic Conditions	786-0236	786-0212
Sunrise Health Region	Education	Heart to Heart - Cardiovascular Disease	786-0768	786-0212
Little Black Bear First Nations	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	334-3500	
Star Blanket Cree Nation	Education	Heart and Stroke, Heart to Heart - Cardiovascular Disease	334-3500	
Yorkton	Exercise	HealthWise (Women's Wellness)	786-0864	786-0212
Yorkton	Exercise	Hearts in Motion (Cardiac Rehab. Program)	786-0768 786-0236 786-0864	786-0212