

Your Recovery - Join us! We can help!

Joining a Cardiac Rehab Program can help you feel better and reduce your risk of future heart problems. Your heart doctor (cardiologist) expects you will attend a Cardiac Rehab Program to improve your heart health. The program can teach you about lifestyle changes and how to become more active. ***We know this can lead to a stronger heart and better health.***

What happens in Cardiac Rehab?

You will learn how to:

- ♥ Manage your heart problem and other conditions you may have like high blood pressure
- ♥ Exercise safely
- ♥ Take medicine correctly and safely
- ♥ Eat a healthy diet
- ♥ Quit smoking
- ♥ Reduce stress, anxiety and depression. Let you know you are not alone.
- ♥ Get back to work sooner and safely



Saskatoon Health Region Cardiac Program Contact Numbers

Please call us if you have questions.

Saskatoon and area: 306-655-2136

Toll free: 1-877-548-3898

Humboldt and Area: 306-682-8153

Toll free: 1-855-250-7070

Other communities outside Saskatoon Health Region: refer to the list on the other side of this page. We encourage you to call your local program to learn about program/supports available. If you would like to attend the program in Saskatoon, please contact us: 306-655-2136.



Other communities outside Saskatoon Health Region:

Health Region:	Areas covered:	Contact Ph:
Athabasca Health Region	Stony Rapids, Uranium City, Fond du Lac, Black Lake, Wollaston Lake	306-439-2200
Cypress Health Region	Leader, Cabri, Swift Current, Maple Creek, Shaunavon	306-778-5118
Five Hills Health Region	Moose Jaw, Gravelbourg, Assiniboia, Central Butte	306-694-0230
Heartland Health Region	Rosetown, Wilkie, Biggar, Kindersley, Outlook, Unity, Kerrobert	306-882-2672 extension 2208
Keewatin Yatthé Health Region	La Loche and Turner Lake	306-822-3200
	Buffalo Narrows, Ile a la Crosse, Beauval	306-833-2016
Kelsey Trail Health Region	Melfort, Tisdale, Nipawin, Hudson Bay	306-862-7266
Mamawetan Churchill River Health Region	Pinehouse Lake, LaRonge, Southend, Stanley Mission	306-425-4825
	Creighton, Denare Beach and Flin Flon	204-687-1354
Prairie North Health Region	North Battleford and area	306-446-6404
	Meadow Lake and area	306-236-1579
	Lloydminster	306-820-6262
	Surrounding area	306-893-2622 ext 7105
Prince Albert Parkland Health Region	Prince Albert, Big River, Spiritwood, Shellbrook	306-765-6590
Regina Qu'Appelle Health Region	Regina and area	306-766-3843
Sun Country Health Region	Kipling, Weyburn, Coronach, Estevan	306-842-8366
Sunrise Health Region	Yorkton, Melville, Esterhazy, Preeceville, Canora, Kamsack	306-786-0768

