



STEP-UP session July 5 - 14, 2010
CHIP tel # 514 489-6630

Session	Date	Time	What's happening?
1	Mon, July 5 th	2:00 – 2:30 2:30 -3:15	Chair stretching exercises Dietician's lecture 
2	Wed, July 7 th	1:30 – 2:00 2:00 – 3:00	Chair stretching exercises Cardiac surgery nurse's lecture 
3	Mon, July 12 th	2:30 – 3:00 3:00 – 3:30	Chair stretching exercises Psychologist's lecture 
4	Wed, July 14 th	2:00 – 3:30	Exercise lecture 

Please note:

- Family members/friends are welcome
- Wear comfortable clothes and shoes for the exercise portion

Speakers:

Nurse: Christine Pagé from the Royal Victoria Hospital

Dietician: Lisa Rutledge

Psychologist: Deborah DaCosta from the Montreal General Hospital

Exercise Physiologists : Lisa Masse, Lloyd Saul and Georgia Xiarchos from the Cardiovascular Health Improvement Program