





## STEP-UP APRIL Sessions

**CHIP tel # 514 489-6630**

At the Ben Weider YM-YWHA, 5400 Westbury Ave, Montréal Qc,  
(corner of Côte-Sainte-Catherine road)

Session	Date	Time	What's happening?
1	Tues, April 17	2:00 – 2:30 2:30 - 3:15	Chair stretching exercises <b>Dietician's</b> lecture 
2	Thur, April 19	2:30 – 3:00 3:00 – 3:30	Chair stretching exercises <b>Psychologist's</b> lecture 
3	Tues, April 24	2:00 – 2:45 2:45 – 3:15	<b>Cardiac surgery nurse's</b> lecture Chair stretching Exercises 
4	Thur, April 26	2:00 – 3:30 3:30 – 4:00	<b>Exercise Lecture</b> by the Kinesiologist Tour of the facilities 

### Please note:

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

### Speakers:

Nurse: Isabel Szczepkowski from the Royal Victoria Hospital

Dietician: Lisa Rutledge

Psycho-therapist: Lisa Linardatos (PhD intern in Psychology) from McGill University

Exercise Physiologists: Lisa Masse, Lloyd Saul and Debbie Chan from the Cardiovascular Health Improvement Program