



**Office Use:**

Class: \_\_\_\_\_

Start Date: \_\_\_\_\_

## Happy Hearts Programs Referral Form

Cardiac rehabilitation programs may use this form to refer their **graduates** to Happy Hearts community programs. Please complete the form as indicated and ensure you select the appropriate program.

**Select Program:**

- ☐ Happy Hearts Plus (medically-supervised and case-managed in the community)
- ☐ Happy Hearts Maintenance (self-paced, self-managed exercise class in the community)

**Select Location:**

- ☐ Kensington Community Centre    ☐ Dunbar Community Centre
- ☐ Jewish Community Centre (Happy Hearts maintenance only at this location)
- ☐ Champlain Community Centre (Happy Hearts maintenance only at this location)

Date: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Carecard#: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Emerg Contact: \_\_\_\_\_

Relevant medical history/medications: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Cardiologist: \_\_\_\_\_

**Cardiac Rehabilitation Exercise Program Summary (to be filled out by Case Manager)**

Location: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

Referring CM / MD / EP (please circle one): \_\_\_\_\_

Exercise Prescription (Target Heart Rate): \_\_\_\_\_ bpm

**Aerobic Training workloads:**

Treadmill: \_\_\_\_\_ Stationary Bike: \_\_\_\_\_

Seated Stepper: \_\_\_\_\_ Rowing Machine: \_\_\_\_\_

Elliptical: \_\_\_\_\_ Other: \_\_\_\_\_

Resistance Training Program: \_\_\_\_\_

**Restrictions/Comments:** \_\_\_\_\_

*Please refer to the back of the page for further referral instructions and location details.*

The Happy Hearts Alliance is a partnership between the VGH Centre for Cardiovascular Health, St Paul's Hospital's Healthy Heart Program and community organizations to offer community cardiac wellness programs.

Please fax or email Happy Hearts PLUS referrals to the corresponding Case Manager for each location:

<b>Location</b>	<b>Class Times</b>	<b>Case Manager</b>	<b>Phone/Fax</b>	<b>Email</b>
<b>Kensington Community Centre</b>	<b>Mondays</b> 9:45-10:45am <b>Education</b> 11:00-11:30am  <b>Thursdays</b> 2:00-3:00pm <b>Education</b> 3:15-3:45pm	Nick Pratap	P: 604-875-4111 ext. 63170  F: 604-875-5794	nicholas.pratap@vch.ca
<b>Dunbar Community Centre</b>	<b>Mondays</b> 2:30-3:30pm <b>Education</b> 3:45-4:15pm  <b>Tuesdays</b> 1:00-2:00pm <b>Education</b> 2:15-2:45pm	Bonnie MacCoy	P: 604-875-4111 ext. 68904  F: 604-875-5794	bonnie.maccoy@vch.ca

For Happy Hearts (maintenance) referrals to Kensington, Dunbar, Champlain Heights, and Jewish Community Centre, please provide a copy of the referral to the participant. Participants can self-register at their preferred location. Below is a list of Happy Hearts classes.

<b><u>Location</u></b>	<b><u>Address</u></b>	<b><u>Phone #</u></b>	<b><u>Class Times</u></b> <i>*Participants register for one class unless otherwise specified*</i>
<b>Kensington Community Centre</b>	5175 Dumfries Street (Knight & 33 <sup>rd</sup> Ave)	(604) 718-6200	<b>Monday</b> 8:30am - 9:30am <b>Monday</b> 11:00am – 12:00pm <b>Tuesday</b> 8:30am - 9:30am <b>Tuesday</b> 9:45am – 10:45am <b>Saturday</b> 11:00am - 12:00pm  <b>Cost: Flexi-pass rate</b>
<b>Dunbar Community Centre</b>	4747 Dunbar St. (Dunbar & 31 <sup>st</sup> Ave)	(604) 222-6060	<b>Monday</b> 1:00pm-2:00pm <b>Wednesday</b> 1:00pm-2:00pm <b>Thursday</b> 4:15pm-5:15pm <b>Friday</b> 9:00am-10:00am  <b>Cost: Flexi-pass rate</b>
<b>Champlain Heights Community Centre</b>	3350 Maquina Dr.	(604) 718-6575	<b>Tuesday</b> 2:00pm-3:00pm <b>Thursday</b> 2:00pm-3:00pm  <b>Cost: Flexi-pass rate</b>
<b>Jewish Community Centre</b>	950 West 41 <sup>st</sup> Ave.	(604) 257-5111  Email: <a href="mailto:erin@jccgv.bc.ca">erin@jccgv.bc.ca</a>	<b>Participants attend 2 classes per week:</b> <b>Monday &amp; Wednesday</b> 11:45am-12:45pm <b>or</b> <b>Tuesday &amp; Friday</b> 1:00-2:00pm  <b>For more information on program fee and how to register:</b> <a href="https://www.jccgv.com/fitness-and-wellness/medically-based/">https://www.jccgv.com/fitness-and-wellness/medically-based/</a>

\*\*Class times are subject to change without notice. Please check with your preferred community centre for up-to-date class times.