



CNC Janice Smith conducting a rehabilitation assessment interview.

The aims of our group are:

- ♥ Support for all cardiac patients/ex-patients and their families through explanation, information and activities.
- ♥ Assist Nepean Hospital Cardiology Department in the provision of cardiac services as required. Contribute to heart disease prevention and rehabilitation activities in the Wentworth Area Health Service.
- ♥ Membership to be open to anyone, patient, ex-patients, family and friends and the group to ensure access and equity for all people and groups in the Wentworth Area Health Service.



**Nepean/Blue Mountains
Cardiac
Support Group Inc**

Contacts:

| | |
|---------------|--------------|
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Mission Statement

"To assist health professionals in the Cardiology Department at Nepean Hospital in the promotion of physical and psychological recovery of Cardiac Patients. To provide immediate and ongoing support to patients and family members as they learn to adopt healthier lifestyles, as demonstrated by our own experiences, and our ability to return to fulfilling lives".

- ♥ We are a group of ex-patients, families and friends who have formed a cardiac support group.



Members at one of our social get togethers

- ♥ We are able to gain support and information through our meetings in a friendly and informal atmosphere.
- ♥ We meet regularly to organise our ongoing activities.



The auction and raffle held each year following our annual dinner.

- ♥ Our newsletter keeps everyone informed about hospital and group activities and is also a means for members in all areas of the Wentworth Area Health Service to keep in touch.



Walking during our visit to the Kakoda Trail Memorial at Concord

Walking Group

Our walking group meets 3 times per week on Monday, Wednesday and Friday at Jamison Park, Penrith, just inside the Jamison Road entrance. During Eastern Summer time we meet at 1830 hours (6.30pm) and during the winter (Eastern Standard Time) we meet at 1700 hours (5.00pm). **There is a walking speed for everyone, from slow to reasonably fast.** So why not come along and join us and get the walking habit.

If you would like to join, please fill out the form below and send to:
PO Box 593, Kingswood 2747

**Membership is \$2.00 per year
 or \$5.00 for 3 years, or \$10.00 for 6 years.**

I, (name)
 of (address).....

Post Code
 Phone

Hereby apply to become a member of the above named association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force.

Signature:.....
 Date:.....

I am interested in:

- Being a member and receiving the newsletter
- Getting more information on cardiac conditions
- Hospital visits
- Fundraising
- Walking Group

Other comments:

