

KCES Exercise Program Referral Form

Name: _____

Phone: _____

DOB: _____

Doctor: _____

I consider this patient, named above, to be medically stable and a reasonable candidate for this supervised KCES Exercise Program, (aerobic, strengthening & flexibility training).

Physician Signature

Comments: _____



Partners & Resources

C.O.A.C.H.
Central Okanagan Association
for Cardiac Health

Bert Webb Family Resource Centre
2 EAST - Kelowna General Hospital

KCES Cardiac Visitation Centre
2 EAST - Kelowna General Hospital

Central Okanagan Diabetes
Education Program

KGH Pulmonary Rehab

Kelowna Renal Health



CNC - 4105 Gordon Drive,
Kelowna BC, V1W 4Z1



K.C.E.S.

**Kelowna Coronary
Exercise Society**

**Walking & Strength
Training Program**

**Monday, Wednesday, Friday
7-11 a.m.**

**Capital News Centre
Indoor Track**

*An exercise program
for individuals managing
chronic disease*

The Program

- ♥ Participants are welcome to walk on Monday, Wednesday, and Friday anytime between 7:00 and 11:00 a.m.
- ♥ Strength training & stretching instruction is optional and equipment is provided during each 25 minute session.
- ♥ Exercise sessions are conducted by multidisciplinary health and fitness professionals. (ACSM Exercise Specialists, Registered Nurses, Kinesiologists and BCRPA Group Fitness Leaders).
- ♥ Our staff is AED and CPR trained. An Automated External Defibrillator (AED), oxygen and blood pressure monitoring equipment are on site.
- ♥ Optional bi-annual fitness assessments.
- ♥ Members are welcome to participate in optional social activities.
- ♥ The K.C.E.S. Medical Director is Dr. M. Koss.

Entry to the Program

- ♥ Participants must be formally referred by their physician, cardiologist, or the C.O.A.C.H. Cardiac Rehab Program.
- ♥ Participants must bring a list of current medications and dosages to their first session.
- ♥ Participants receive a KCES T-shirt and program orientation.
- ♥ It is recommended that participants bring indoor walking shoes and bottled water.

Costs

There is an initiation fee of \$20 and a monthly charge of \$25 (paid quarterly, in advance), for the program. If the cost is a burden, the fees will be tailored to your financial ability.

For further information on this program please contact the program instructors at

COACH
250-763-3433



*KCES is a registered non-profit society dedicated to improving the health of our community.
Donations are gratefully appreciated.*