

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, strength & flexibility training).

Physician Signature

Comments: _____

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/WEST - Kelowna General
Hospital

Central Okanagan Diabetes
Education Program

KGH Pulmonary Rehab

Kelowna Renal Health

Central Okanagan Heart Function
Clinic



CNC - 4105 Gordon Drive
Kelowna BC, V1W 4Z1

Updated: August 05, 2014



K.C.E.S.
**Kelowna Cardiac
Exercise Society**

**Walking & Strength
Training Program**

**Capital News Centre
Indoor Track**

**Monday, Wednesday, Friday
7 a.m. to 10 a.m.**

*An exercise program
for self-managing your cardiovascular
health while maintaining your quality of
life & independence.*

The Program

- ♥ Participants are welcome to walk on Monday, Wednesday, and Friday anytime between 7:00 am and 10:00 am.
- ♥ Strength training & stretching instruction is optional and is provided in five 25 minute sessions each day.
- ♥ Yoga Fridays are offered September to June.
- ♥ Exercise sessions are conducted by Exercise Physiologists who are trained in providing safe physical activity for those with chronic disease.
- ♥ Staff are 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 (Christmas dinner & summer picnic).
- ♥ The K.C.E.S. Medical Director is Dr. M. Koss.

Entry to the Program

- ♥ You may request a referral from your physician, cardiologist, or the C.O.A.C.H. cardiac rehab program.
- ♥ Please bring a list of current medications and dosages to the first session & keep it updated throughout the program.
- ♥ You will receive a KCES t-shirt and program orientation.
- ♥ We recommend that participants bring indoor walking shoes and bottled water.

Costs

\$35 = Monthly Fee

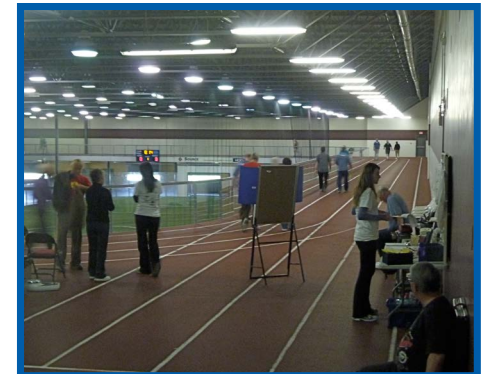
\$5 = Monthly Fee for partner

*One time initiation fee of \$20 covers registration, t-shirt & action planning log books.

If the cost is a burden, the fees will be tailored to your financial ability.

For further information on this program please contact a team member at

COACH
250-763-3433



*KCES is a non-profit society and registered charity. Receipts for income tax purposes will be issued for donations
Reg. 12032 6376 RR 0001*