



CARDIAC REHAB RESOURCE IN MANITOBA

A cardiac rehabilitation program is one of the best ways to recover after a heart related event (example: heart attack). Ask your healthcare provider if attending a cardiac rehabilitation program is right for you.

IN WINNIPEG:

Wellness Institute (located in the north end of the city)

Website: <https://wellnessinstitute.ca/cardiac-rehab/>

Telephone 204-632-3907

Reh-fit Centre

Website: <https://www.reh-fit.com/heart-health/cardiac-rehabilitation>

Telephone: 204-488-8023

Video: <https://www.youtube.com/watch?v=W1R9bMpltiU&t=7s>

OUTSIDE OF WINNIPEG:

Morden/Winkler Pembina Valley Cardiac Rehabilitation Program

Website: <https://cwwiebemedical.ca/cardiac-rehab/>

Telephone: 1-204-325-4312 ext. 3343 or 1-204-361-6043

Email pvcrc@southernhealth.ca

Brandon Heart Program

Website: <https://www.ymcabrandon.ca/programs/adult-specialty-programs/>

Telephone: 1-204-578-4225 (Joey Pattle RN).

Portage Cardiac Rehabilitation Program

Telephone: 1-204-870-1465 (Kinesiologist)

Telephone: 1-204 903-5052 (Nurse)

Email portagecr@southernhealth.ca