

**Chatham-Kent**  
Cardiac Rehabilitation



And Secondary Prevention



Chatham-Kent  
Community Health Centres  
Centres de santé communautaire  
de Chatham-Kent

# Healthier Living

Education Class Series:

**Heart and Stroke**

**Medication**

**Nutrition**

**Stress Management**

Chatham-Kent Community Health Centres  
150 Richmond Street, Chatham

To register or for information  
Call **519-397-5455 ext. 102**