



Healthy Hearts

YMCA Healthy Hearts provides customized exercise support and education for those at risk of cardiovascular disease or living with a controlled heart condition. Risk factors for cardiovascular disease may include high blood pressure, high blood cholesterol, diabetes, overweight/obese, smoking, and/or a sedentary lifestyle.

One hour sessions twice a week for a total of 8 weeks with an optional pool session. Morning, afternoon and evening programs are available.

Book a free consultation and tour to see if this program is a fit for you today!
Marc Demers: 519-623-9622 x 242 or mdemers@ckwymca.ca

Cost: Free for YMCA members. Non-members pay a program fee of \$60+HST. This includes a YMCA membership for the duration of the program. Payment options and membership subsidy is available.





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