



# Maintenance Program

The Maintenance Program is designed to provide you with ongoing monthly support.

## **The Program :**

The last Tuesday of Every Month

Drop in from 4:30pm to 5:30pm

Monthly Measurements

(weight, % body fat, waist circumference)

Nutrition/Behaviour Information and Resources

Staying Connected with Exercise

**Exercise Classes are offered through the Cardiac Rehabilitation Program  
at an additional cost of**

**\$25 once/week and \$42 twice/week**

**if interested please**

**call 519-885-9517**

For more information contact St. Mary's General Hospital at  
519-749-6578 ext. 1204 or visit [www.smgh.ca](http://www.smgh.ca) (under programs)