



Media Release: September 22, 2020

## **CARDIAC REHABILITATION EXERCISE CENTRE RE-OPENS!**

We are excited to introduce the NEWLY RENOVATED Oxford County Cardiac Rehabilitation Exercise Centre.

Now located on the second floor at Alexandra Hospital Ingersoll (AHI), this beautiful, newly renovated space is open for business and welcomed patients back on September 14, 2020.

The facility is customized to support patients safely during the pandemic, with 3 "pods" separated by plexiglass allowing patients to exercise while maintaining physical distance and a barrier provided for added protection.

"Patients are so happy to be back in the program, and love the new space. It is bright, open, and inviting, and makes people want to exercise. The three "pods" mean that people are able to do so safely, while maintaining physical distance," says cardiac nurse Wanda Cocchetto, program lead.



The Oxford County Cardiac Rehabilitation Program supports people recovering from a recent heart attack or other cardiac event. Physician referrals are required to access the program, which is comprised of exercise counselling and training as well as education for heart-healthy living. Patients will experience a combination of in-house exercise and at home programs supported by the Cardiac Rehab nurse and a Kinesiologist, in addition to education and support for other chronic conditions. Patients will now have expanded access to support from Social Work, Registered Dietitians, and Diabetic Educators who work in the Diabetes Education Program, co-located on the second floor to promote interdisciplinary team based care.

This exciting renovation, and the co-location of the Diabetes Education Program is the first step in creating an integrated Chronic Disease Management Centre of Excellence for Oxford County, focusing on proactive health management and lifestyle medicine.





# Alexandra Hospital Ingersoll

*Partnering to keep healthcare close to home.*

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