



Our services: Cardiac Rehabilitation



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Welcome to the Cardiac Rehabilitation Programme at Hornsby Ku-ring-gai Hospital. Our programme is available both for current patients of the Hospital and on an outpatient basis.

✓ [Who are we?](#)

Cardiac Rehabilitation Programme, Hornsby Ku-ring-gai Health Service

✓ [What do we do?](#)

Our programme is designed to help you come to an understanding of heart disease and its implications. We hold education sessions on an inpatient and outpatient basis. There is also a supervised light exercise programme which is an outpatient programme.

✓ [How you can access our service](#)

Please book by contacting Julie Belshaw on 9477 9123 (pager number 52622), on Mondays, Wednesdays and Thursdays. Or you can leave a message on 9477 9844. You do not need a referral from your doctor.

✓ [Where you can find us](#)

First floor of the main building on the Hornsby Ku-ring-gai Hospital campus, above the x-ray department.

✓ [What are our hours?](#)

We are available on Monday, Wednesday and Thursday, between 8.30 and 2pm.

✓ [How you can contact us](#)

Contact numbers for Julie Belshaw are 9477

Quick links:

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9123 (pager number 52622) or 9477 9844 to leave a message on Julie's voicemail.

 **When you arrive**

Come to the Hospital switchboard (in the main building, facing Palmerston Road) and ask the staff to page Julie Belshaw, on pager number 52622.

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