



Announcing An Online Course with Support for Anxiety/Depression following a Heart Attack

Exciting new opportunity! The University of Regina is offering a **free 8-week online depression and anxiety management course** for people who have had a cardiac event (heart attack or unstable angina) in the past 2 years. Details available at: www.onlinetherapyuser.ca/cardiac/ or call (306)585-4203

Did You Know Prevalence of depression in cardiac patients is 3 times higher than the general population -25% to 35% persistent anxiety & depression. Depression in cardiac patients is a significant and independent predictor of mortality & increased cardiac events, reduced quality of life, poorer self management and greater health service use

Call and sign up today!