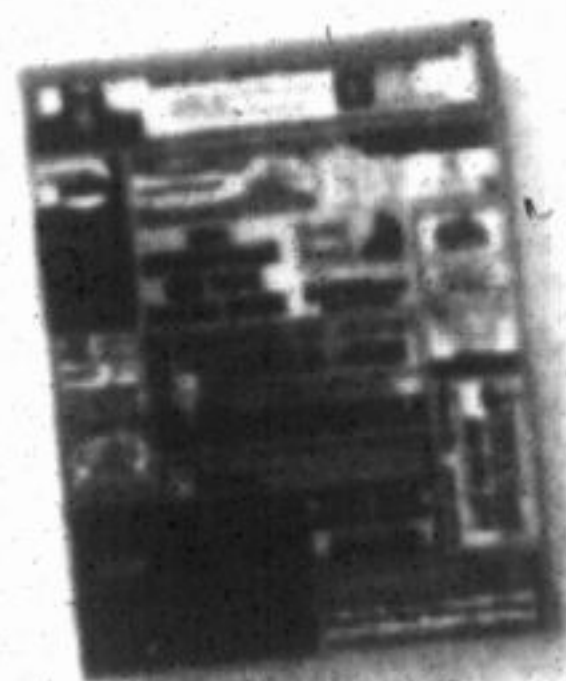
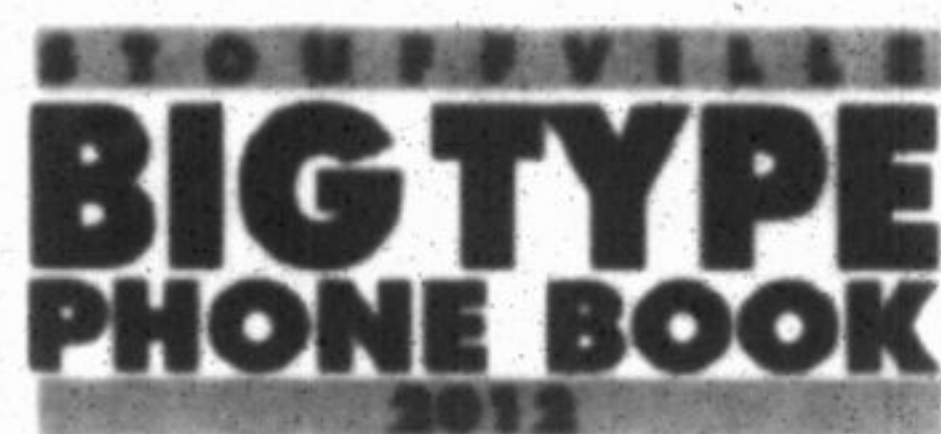


## Designed for all makes and models.



The Stouffville Big Type Phone Book is one of our most popular and enduring publications, now being produced for its 20th consecutive year by your Stouffville Sun-Tribune. Featuring comprehensive community phone listings and a full business directory, this is an ideal opportunity to target the entire market. Don't miss out!



Contact our marketing consultant today at 905-640-0193 for more information about this exclusive opportunity.



**HEALTH:** Lebovic Centre, Southlake team up

# Cardiac patients can rehab at Stouffville centre

BY SANDRA BOLAN  
sbolan@yrmg.com

The Lebovic Leisure Centre in Stouffville has partnered with Newmarket's Southlake Regional Health Centre to provide cardiac episode rehabilitation.

The Heart Wise Exercise program provides guidance to people who want to make a seamless transition from medical treatment to active living, after a cardiac episode, according to Barb Armstrong, fitness supervisor, for the Town of Whitchurch-Stouffville.

"We're looking to be a community extension of health care," Ms Armstrong said. "The transition from medical to community can be scary."

When people suffer a cardiac episode, whether it be a heart attack, angina attack or having a stent implanted, part of the recovery includes exercise, according to Ms Armstrong.

The prescribed exercise can be done at Southlake's cardiac rehab centre in the Tannery, but according to Ms Armstrong, it is "maxed out".

Instead of waiting and returning to a sedentary lifestyle, the same exercise prescription can be filled at the Lebovic Leisure Centre.

"So often people associate fitness centres with sports. We do do that. But that's not all

we do," she said.  
As a Heart Wise Exercise provider, the Lebovic Leisure Centre encourages regular, daily aerobic activity; incorporates and encourages a warm up and cool down; enables participants to exercise at a safe level; accepts participants with a known history or risk of cardiac disease — with their doctor's approval, provides health screening and has staff who are CPR certified and a defibrillator on site.

A Heart Wise exercise partnership open house will take place Nov. 21 from 1:30 to 3:30 p.m. and 6:30 to 8:30 p.m. at the Lebovic Leisure Centre, 30 Burkholder St.

The event is geared at people who have had a cardiac episode or who has been identified as being at-risk from an episode.

There will be a short presentation, tours of the facility and light refreshments.

For more information, contact Barb Armstrong at 905-642-7529 ext. 328.

ECONOMIST & SUN

Stouffville Sun-Tribune

THE LIBERAL

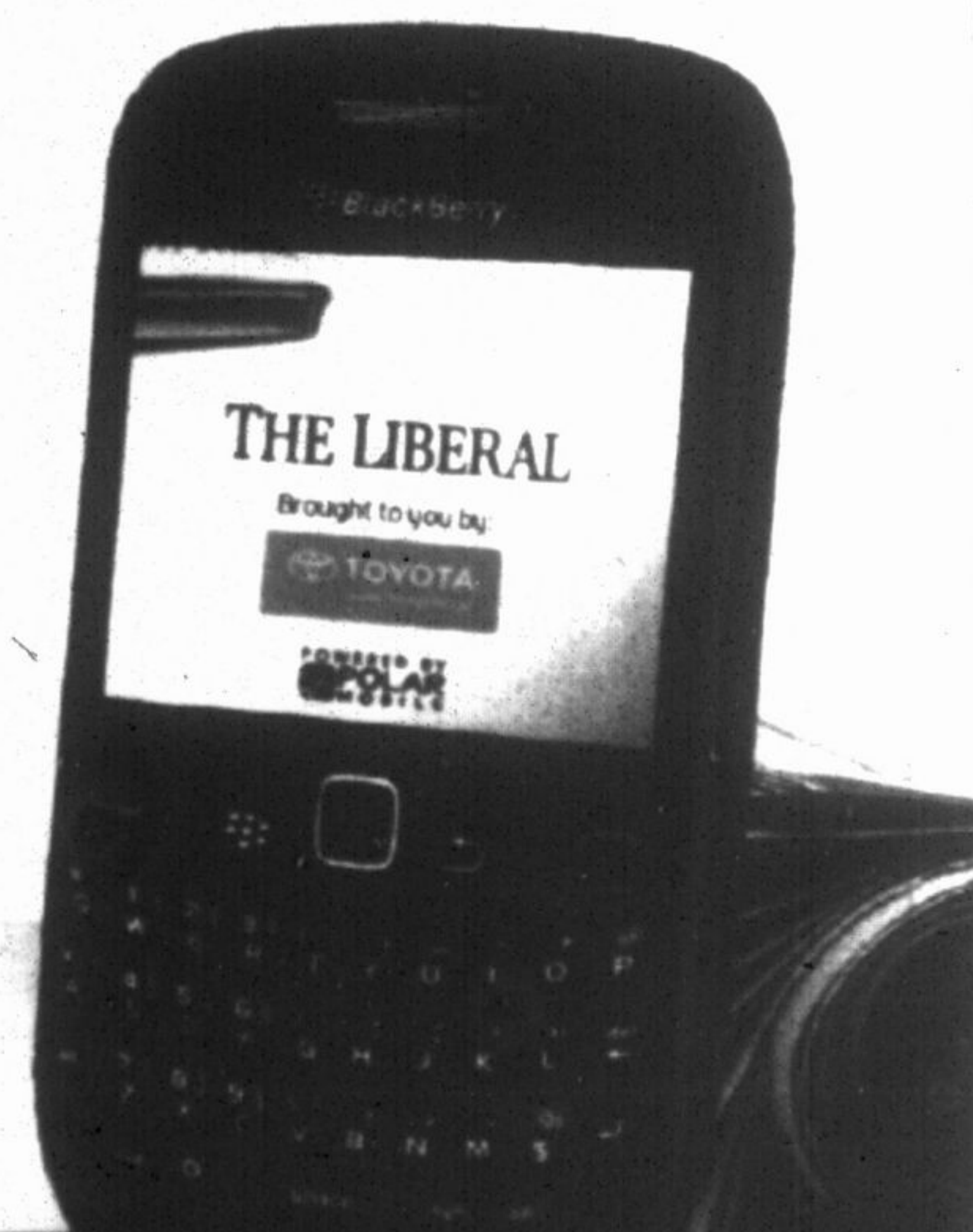
VAUGHAN CITIZEN

## Download your local news app...

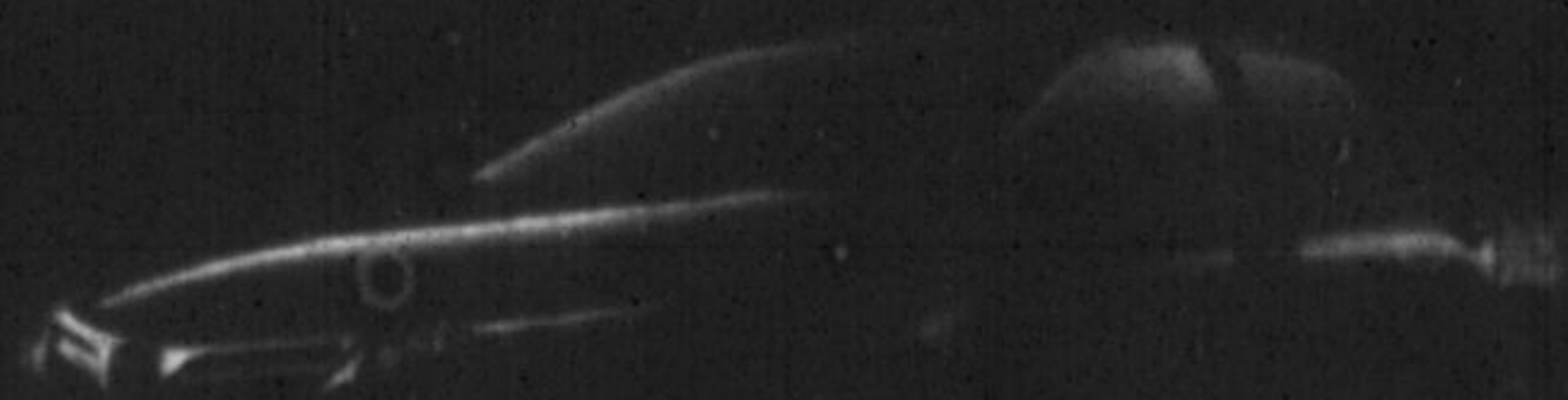
and ENTER TO WIN an all-new 2012 Toyota Camry LE!



Scan this QR code to download your free app or visit [www.localnewsappcontest.com](http://www.localnewsappcontest.com)



No purchase necessary. Contest open to Ontario residents 18 years of age or older. Odds of winning depend on the number of eligible entries received. One (1) grand prize will be awarded. Approximate retail value of the grand prize is \$23,700. Entrants must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest closes December 17, 2011 at 11:59pm. To enter and for complete contest rules, visit [www.localnewsappcontest.com](http://www.localnewsappcontest.com)



Introducing the all-new 2012 Toyota Camry. Made from 30 years of our most brilliant thinking.

