

THE CAMPAIGN FOR  
**A New Cardiac  
Rehabilitation  
Program**



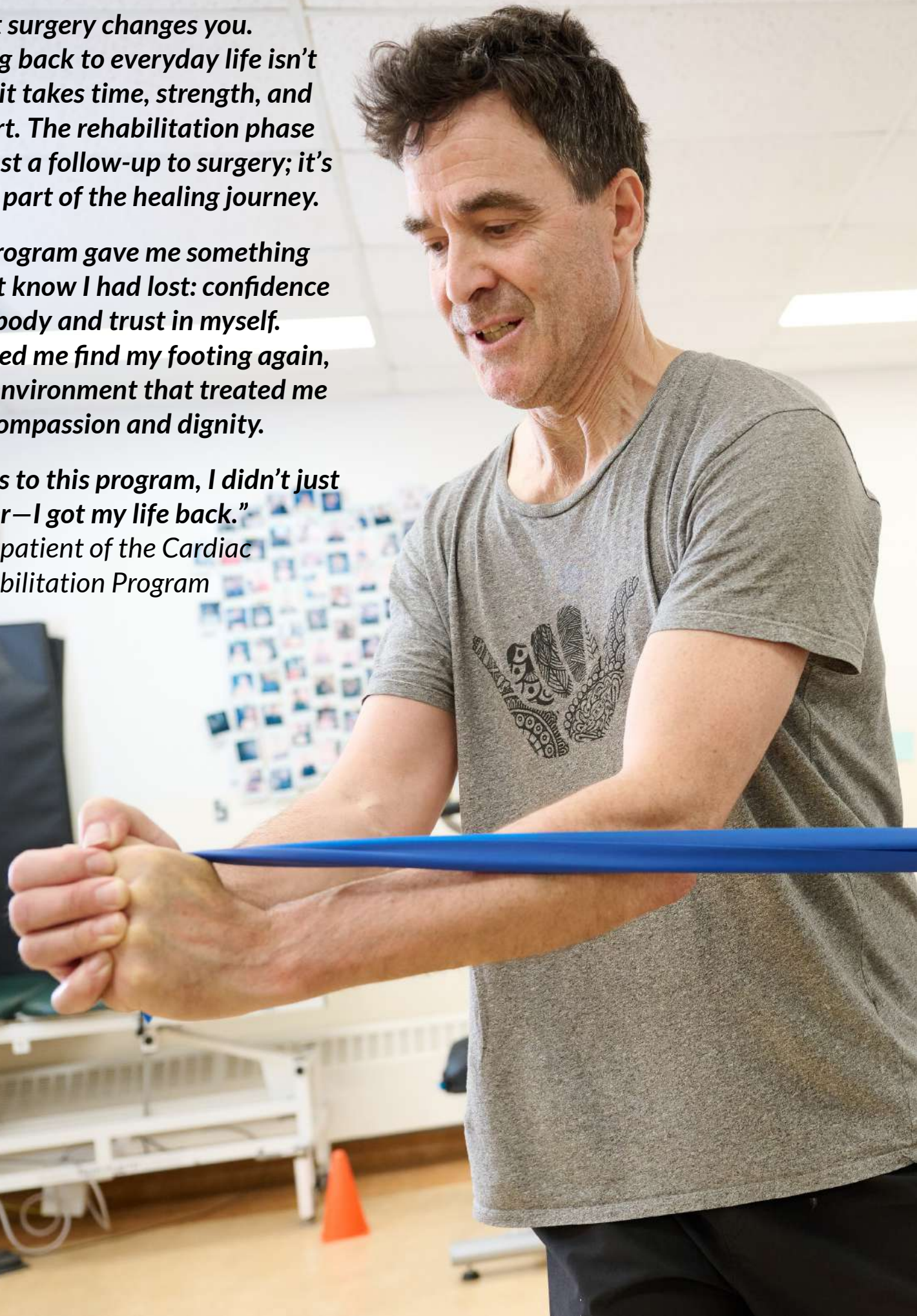
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**HABILITAS**  
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**GOAL:**  
**\$400,000**

*“Heart surgery changes you. Getting back to everyday life isn’t easy—it takes time, strength, and support. The rehabilitation phase isn’t just a follow-up to surgery; it’s a vital part of the healing journey.”*

*This program gave me something I didn’t know I had lost: confidence in my body and trust in myself. It helped me find my footing again, in an environment that treated me with compassion and dignity.*

*Thanks to this program, I didn’t just recover—I got my life back.”*  
- Eric, patient of the Cardiac Rehabilitation Program



# Healing hearts and rebuilding lives with hope

**While surgery or stents can save lives, these are often just the first steps in a long recovery.**

A heart episode doesn’t just threaten your life—it can upend it entirely. Many patients leave the hospital feeling vulnerable and lost—scared, physically weakened, unsure of what comes next. They may struggle to breathe, climb stairs, return to work, or even enjoy time with family.

Cardiac rehabilitation is a multidisciplinary approach that helps patients recover and optimize their physical and mental health after a heart event or surgery. It involves a team of specialists providing care in a safe and supervised environment, helping participants to build strength through exercise, manage risk factors, receive emotional support, and gain valuable health education.

Beyond carefully-monitored exercise by a kinesiologist, patients work with a nutritionist, psychologist, occupational therapist, physiotherapist or social worker to help them navigate their new reality. The multidisciplinary

team offers support with challenges such as healthy eating challenges such as healthy eating, managing depression and anxiety, understanding their disease, returning to work and adjusting to their new lifestyle

The impact of cardiac rehabilitation is undeniable. Studies show that taking part in a structured program can boost recovery and lower the risk of another event by up to 25%. It also cuts hospital readmissions by more than half—delivering real savings to the healthcare system. But beyond the numbers, it helps people feel stronger, more connected, and in control of their lives—laying the foundation for lasting health and renewed confidence.

In Quebec, cardiac rehabilitation wasn’t always within reach. Before 2019, cardiac rehabilitation in the province was only available through private clinics — meaning many patients who needed it most were unable to access it due to prohibitive costs.

**That’s what makes the Cardiac Rehabilitation Program so transformative. It’s not just a place to recover—it’s a lifeline. A place to heal, to rebuild strength, and to reclaim life with dignity and hope.**



# Where Recovery Begins

Since opening its doors just six years ago, the Cardiac Rehabilitation Center has quickly become a place of strength and renewal for hundreds of individuals on the road to recovery—operating from a modest corner of the Richardson Hospital in NDG. Housed within an institution known for its care of older adults and those healing from strokes and neurological conditions, the center has carved out *a vital space for healing hearts—literally and figuratively.*

Last year, over 700 people are referred to the Center from the Jewish General Hospital, McGill University Health Centre, and St. Mary's Hospital. With expert care and personalized support, they begin to rebuild strength, confidence, and hope after a cardiac event. The impact is undeniable: shorter hospital stays, fewer complications, and significant savings to our healthcare system. But most importantly, lives are being reclaimed.

Driven by this success and a deep commitment to care, the Center recently launched a new cardiac pre-habilitation program—an innovative step that helps prepare patients in advance of elective surgery. It's already changing lives, giving patients the tools they need to face surgery stronger, and to recover faster.

And yet, despite all it has accomplished, the center has outgrown its space. The current facility wasn't designed for this kind of rehabilitation. It's small. It's shared. And it's no longer meeting the needs of those who rely on it. Privacy is limited, accessibility is a challenge, and there simply isn't enough room to grow.

The next step is clear: a new home that reflects the excellence of care already being delivered—and the dignity every patient deserves.

*"After the procedure, I was in physical and emotional shock—bruised and exhausted. I felt completely disconnected from my own body, and was scared I might have another heart attack.*

*Then a cardiologist asked me if I was interested in joining a cardiac rehabilitation program. I said yes immediately.*

*What I've learned throughout will stay with me for life. It's like a new beginning...a rebirth. I'm not the same person who first walked through those doors. This program is changing me—for the better."*

*- Jacqueline, patient of the Cardiac Rehabilitation Program*



## A new home for cardiac rehab

Big changes are on the horizon for the Cardiac Rehabilitation Center—ones that will bring the program closer than ever to the kind of care every patient deserves.

In 2026, the Center will be moving into a new, purpose-designed space—a long-awaited home that reflects the heart of its mission.

We're thrilled to share that the nearby MAB site on Sherbrooke Street West will soon become the new address of the Cardiac Rehabilitation Center. This beautifully revitalized building—its historic façade lovingly preserved—will offer a fully accessible entrance and a welcoming new reception area. Inside, the entire third floor will be dedicated to the cardiac rehabilitation program. Just below, on the second floor, the newly-expanded Chronic Pain Management Program from Constance-Lethbridge will also find its home—creating powerful new

possibilities for collaboration and innovation in care.

This move marks much more than a change of address. It's a chance for the Center to expand its reach, welcome more patients, and integrate research, teaching, and innovation more deeply into everything the Center does. It's a chance to reimagine what cardiac rehabilitation can be—more connected, more inclusive, and more life-changing.

**With your support, this next chapter will open its doors to more people in need of healing—offering care that's not only effective, but deeply human.**

# Benefits



## Reaching More Patients, Reducing Wait Times, and Creating New Synergies

This relocation will increase our capacity by 30%, allowing us to welcome up to 400 patients each year and significantly reduce wait times.

With more consultation and evaluation rooms, intake and follow-ups will be faster and smoother, helping patients begin their recovery even sooner. A dedicated space for high-risk patients will ensure closer monitoring and safer care, expanding access to those previously underserved due to space or supervision limits.

The new facility will also create exciting opportunities for synergy and collaboration—with the Chronic Pain Management Program just one floor below—and equally allows us to launch a specialized cardiac rehab stream for individuals with physical disabilities served

at the adjacent MAB-Mackay and Constance-Lethbridge, a population that faces heightened risks due to reduced activity levels.

New programming, such as a Sleep Health Workshop, will tackle key factors in heart health, while the purpose-built teaching environment will enhance clinical training and interdisciplinary research as well as accommodate a greater number of students.

With space designed for both care and learning, this next chapter will position us as a leading hub for innovation, education, and excellence in cardiac rehabilitation.

# Design Concepts

The new facility is being purposefully designed to elevate care, accessibility, and innovation.

Key features will include:

- ✓ A warm, inclusive environment that prioritizes comfort, dignity, and a sense of belonging for every patient;
- ✓ Private consultation rooms to support one-on-one care and tailored rehabilitation plans;
- ✓ An indoor walking track with widened pathways, offering a safe and comfortable alternative to treadmill walking. Patients can walk at their own pace or alongside peers—encouraging social connection and sustained motivation;
- ✓ Smart rehabilitation technology, including AI-powered treadmills, resistance machines, motion-tracking cameras, and gait analysis systems to optimize each patient's progress;
- ✓ Tele-rehabilitation systems equipped with large displays that show live biometric data, such as heart rate, while maintaining patient privacy;
- ✓ Personalized digital dashboards and interactive learning stations that empower patients with real-time insights and accessible health education.;
- ✓ Adapted exercise zones with specialized equipment and built-in accessibility features, ensuring full participation for patients with mobility or functional impairments;
- ✓ A state-of-the-art teaching and research hub, designed to foster collaboration, clinical training, and continuous improvement across rehabilitation programs.

***“The move to a new facility will provide a much-needed increase in space and resources, which will expand our capacity to provide care to a greater number of people.*”**

***The enhanced facility will also create an excellent learning environment for the training of professionals in the field of cardiac rehabilitation.”***

***- Dr. Mark Smilovitch, cardiologist***



*"You never think it'll happen to you—until it does. Heart disease can strike without warning. Of course, prevention is ideal, but once something happens, having access to rehabilitation can make all the difference.*

*The team at the Cardiac Rehabilitation Center gave me a sense of direction, the opportunity to upgrade my lifestyle and make it better than before.*



*They helped me find my footing, guided me toward a healthier lifestyle, and showed me that recovery can be a turning point. It became my compass— a light that helped me find my way back to strength and wellness.*

*- Danièle, patient of the Cardiac Rehabilitation Center*



Cardiac rehabilitation is about so much more than exercise and education. It's about helping people feel like themselves again. The Center has reached the limits of what's possible in its current location.

The team is ready. The new space is almost ready. All we need now is you.

With your support, we can bring it to life as a beacon of healing for people recovering from cardiac events.

For more information on how you can make a difference, visit us at

[www.habilitas.ca](http://www.habilitas.ca)