

March 22, 2018

Dear CFI Member,

In December 2017, London Health Sciences Centre (LHSC) communicated to all Cardiac Fitness Institute (CFI) patients that LHSC would be winding down operations at CFI and directing new post-acute cardiac episode referrals to the Cardiac Rehabilitation and Secondary Prevention Program at St. Joseph's Health Care London.

With Dr. Larry Patrick retiring effective April 27, 2018, the Cardiac Fitness Institute will formally close on Friday, April 27, 2018. You will be receiving a letter via Canada Post with your specific medical transitional care plan identified by Dr. Patrick. If you have not received your letter by mid-April or if you have questions regarding your medical care you are encouraged to contact the CFI at 519-685-8372 or Dr. Patrick's office at 519-685-8500 ext. 58315.

From the outset, LHSC committed to work with representatives of the CFI's Patient Advisory Committee to help with a plan for members to transition to appropriate fitness options in the community. This work has been ongoing over the past several months and I am pleased to share that an arrangement has been reached with Western University's Canadian Centre for Activity and Aging (CCAA) to facilitate a seamless transition from CFI to CCAA for all members who currently utilize the CFI exercise facilities.

The CCAA will be offering several open house sessions at its facility to help inform those interested of what the CCAA offers for its members and to help answer any questions related to the transition. If you are unable to attend one of the following dates but would like more information you are encouraged to contact the CCAA at 519-661-1604 or ccaa@uwo.ca to set up a private tour.

- March 29 at 9am and 1pm
- April 3, 4 at 9am and 1pm
- April 17, 18, and 19 at 9am and 1pm
- May 22, 23, and 24 at 9am and 1pm

The CCAA is located at 1490 Richmond Street, London ON, N6G 2M3. You can access the CCAA parking lot by entering through the Richmond Street driveway or the entrance west on Windermere Road (the same entrance as the Alzheimer Society London and Middlesex). There is ample free parking available.

In addition to existing exercise programs tailored specifically to individuals with osteoporosis, stroke, and chronic obstructive lung disease, the CCAA will be creating an exercise program tailored specifically to individuals for cardiac rehabilitation. Program leadership from the CCAA will be attending upcoming CFI exercise classes to ensure their new cardiac rehab exercise classes mirror those currently offered at

CFI in an effort to make this as smooth as transition as possible. LHSC will be donating all of the CFI exercise equipment (treadmills, exercise bikes, weight training equipment and stress test units) to the CCAA. All remaining donated CFI funds will be transferred to the CCAA to support the costs of the exercise equipment transfer as well as start-up memberships for CFI members. In addition to an initial fitness assessment, members who choose to join the CCAA will be offered an annual stress test.

I am enthusiastic about this opportunity with the CCAA as it represents the commitment of LHSC and CFI patient advisors who have worked together over the last few months to find a positive community alternative for CFI patients. If you are interested I encourage you learn more about the Canadian Centre for Activity & Aging at <http://www.uwo.ca/ccaa/>.

Sincerely,

A handwritten signature in black ink, appearing to read "Paul Woods". The signature is written in a cursive style with a large initial "P" and "W".

Paul Woods, MD, MS, CCFP
President and Chief Executive Officer
London Health Sciences Centre