



Fighting Heart Disease & Stroke

Corporate Cardiovascular Wellness Programme

Delivered by an expert multidisciplinary health team of specialist nurses, dietitians, physiotherapists, health psychologists and occupational therapists who work in the Croí Heart & Stroke Centre in Galway. Croí is the only centre of its kind in Europe dedicated to the prevention of, and recovery from, cardiovascular disease.

We design a bespoke wellness programme that meets the needs of your workplace.



Rapid Health Check

A 10 minute consultation

- Blood pressure measurement and pulse check
- Personal record card and Croí resources
- Signposting to FREE Croí Nurse Helpline and appropriate resources or programmes

OR

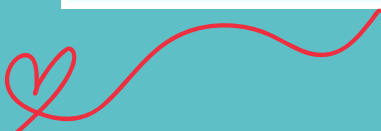
- Height, weight, BMI (body mass index) calculation & waist circumference measurement
- Completed personal record card and heart health kit
- Individualised healthy eating, exercise and lifestyle advice

Programmes for Lifelong Health

Croí's multi-disciplinary health team design and deliver innovative and life-changing health programmes which can be delivered online, as once off workshops or as a series of 30 – 60 minute sessions over a number of weeks.

Croí MyBalance Programme – designed by Croí's Dietitian and Health Psychologist, this is a 5-week, group programme which challenges participants to move away from restrictive dieting for weight loss and instead focus on eating for physical and mental health. It encourages participants to reflect on their relationship with food, body image and dieting practices and gives practical tips around nutrition for health, managing emotional eating and sustaining lifestyle changes.

Croí Bootcamps – Knowledge, motivation and confidence are key ingredients for making effective changes. We offer a range of interactive bootcamps to empower individuals to better manage and understand their condition, i.e., high blood pressure, high cholesterol, high blood pressure and pregnancy (preeclampsia), atrial fibrillation, menopause and cardiovascular health. For example, our My Blood Pressure Bootcamp is a nurse-led programme, supported by the Croí multidisciplinary health team and is suitable for individuals with established high blood pressure who wish to better understand heart health and would like additional support with self-management.





Sustaining your Heart Health

Group talks delivered in person or virtually by the Croí Health Team, during lunch or coffee breaks.

Getting from Knowing to Doing - A practical session on goal setting, providing participants with the tools to take control of their heart health.

Stress Management for Cardiovascular Health - An interactive and thought provoking session which encourages participants to recognise, understand and manage stress in their everyday lives.

Are you at Risk of Heart Disease or Stroke? An all-encompassing session highlighting the risk factors, signs and symptoms associated with heart disease and stroke.

Making Sense of Food Labels – An interactive session highlighting the importance of understanding food labels, empowering employees to make healthy eating choices.

To Diet or Not to Diet – An informative session discussing the many factors that affect weight, the impact of dieting and how to achieve your ‘best weight’.

Staying Strong for Body and Mind - Strength and resistance exercise could benefit your heart, improve balance, strengthen bones and muscle, and help you lose or maintain weight.

Exercise: A Powerful Medicine - It's free, easy to take, has immediate effect and you don't need a GP to get some. It can reduce your risk of coronary heart disease, stroke, type 2 diabetes and cancer, and lower your risk of early death.

Women & Heart Disease – Heart disease is the leading global cause of death for women, but many women don't know they're at risk. This session will help women understand their risk and give them the power to begin reducing it.

Workplace Wellness Challenges

Designed to engage employees in nutritional, fitness and mind set initiatives, e.g. a 6-week performance challenge tailored to your company needs.

Sign-up now and achieve an overall healthy workplace, raise staff morale, reduce absenteeism and promote a productive workforce. Show your corporate commitment to individual health and wellbeing! Plus, by partaking in a Croí programme, not only are you investing in the health of your workforce but you are also directly supporting the work of Croí, as all funds are reinvested into community cardiovascular disease prevention programmes.

Learn more: www.croi.ie

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