

Supplemental Table S1: Description of the education intervention (schedule and content) in each site

Site 1: Education Program Schedule with the Cardiac College at TRI-UHN - Toronto

Education at TRI-UHN was delivered as followed: 21 education sections (once per week) with 30 minutes of duration per session. The content of these sessions followed the 5 pillars of Cardiac College (treating heart disease, getting active, healthy eating, emotional wellbeing, and taking control). A multidisciplinary team of healthcare providers delivered the education through lectures and using the patient guide in English.

Week	Education Topic	Guide Section & Chapter
1	Orientation to Your Cardiac Rehab Program	Section #1 Chapter #1 Page 1
2	Safe Exercise (includes angina education)	Section #1 Chapter # 2 Page 6 Angina: Chapter #4 Page 23 Irregular Heartbeats Chapter #5 Page28

3	Aerobic Exercise	Section #1 Chapter #2 Page 17
4	Exercise and Cold Weather <i>(this can be moved later to an open spot if the time of year is not appropriate for the topic or change to hot weather)</i>	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)
5	Your Heart and Heart Disease	Section #1 Chapter #8 Page 50
6	Cardiac Medicines	Section #1 Chapter #9 Page 63
7	Controlling Your Risk Factors	Section #2 Chapter #10 Page 72
8	Goal Setting & Action Planning	Section #2 Chapter #11 Page 79
9	Resistance Training Part 1 - benefits and safety	Section #2 Chapter #12 Page 92
10	Resistance Training Part 2	Section #2 Chapter #12 Page 92
11	Nutrition – Fats, Cholesterol and your Diet + Resistance Training Part 3	Section #2 Chapter #13 Page 100
12	Nutrition – Benefits of Fibre and Plant Food	Section #2 Chapter #14 Page 112
13	Your Psychosocial Risks – Part 1	Section #2 Chapter #17 Page 134

14	No education	-
15	No education	-
16	Your Psychosocial Risks – Part 2	Section #2 Chapter #17 Page 134
17	Nutrition – Reading Food Labels Note – there will be no exercise on this day	Section #2 Chapter # 15 Page 118
18	Nutrition – Sodium & Blood Pressure	Section #2 Chapter #16 Page 126
19	How Much Physical Activity is Good For You?	Section #3 Chapter #19 Page 151
20	Progress Your Exercise Program	Section #3 Chapter #20 Page 156
21	Exercise and Weather (<i>hot or cold depending on season</i>)	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)
22	Relapse Planning	Section #3 Chapter #21 Page 164
23	Graduation	Section #3 Chapter 22 Page 168
24	Final class	-

Site 2: Education Program Schedule with the Cardiac College at Cardiac Wellness Program - Moncton

Education at the Cardiac Wellness Program was delivered as follows: 7 education sections with 2 hours of duration per session. The content of these sessions followed the 5 pillars of Cardiac College (treating heart disease, getting active, healthy eating, emotional wellbeing, and taking control). A multidisciplinary team of healthcare providers delivered the education through lectures and using the patient guide in French and English.

Education Week	Education Topic	Guide Section & Chapter	Comments
Pre-CR	Orientation to Your Cardiac Rehab Program	Section #1 Chapter #1 Page 1	Information sessions before patient start the program (3 weeks after referral). We go over why CR is important, the multidisciplinary team that will be working with them and the exercise program as well as education session outlines.
Intake assessment	Safe Exercise (includes angina education)	Section #1 Chapter # 2 Page 6 Angina: Chapter #4 Page 23 Irregular Heartbeats Chapter #5 Page28	Taking the pulse is taught during intake assessment by the nurse. The nurse talks to them about stopping exercise whenever they feel angina, palpitations, extreme fatigue, hypoglycemia or if anything is feeling off that day. During patient's first exercise session (one on one with kinesiologist), we go over importance of a warm up and cool down. We show them how to set up the machines in order for the exercise to be safe, we repeat when they should put a stop to their exercise session (see reasons why above given by the nurse). For the first 2 weeks, we revise with them how to fill out their exercise sheets (diary).
1	Your Heart and Heart Disease	Section #1 Chapter #8 Page 50	Because our education classes alternate between English and French, patient's don't end up doing this class all on the same week.
	Controlling Your Risk Factors	Section #2 Chapter #10 Page 72	Because our education classes alternate between English and French, patient's don't end up doing this class all on the same week.

2	Nutrition – Fats, Cholesterol and your Diet	Section #2 Chapter #13 Page 100	In addition to having a one on one meeting with our dietician, patients attend a nutrition education session which is held week 2 of the education sessions.
	Nutrition – Benefits of Fibre and Plant Food	Section #2 Chapter #14 Page 112	
2 & 6	Nutrition – Sodium & Blood Pressure	Section #2 Chapter #16 Page 126	Week 2 patients attend a nutrition session and week 6 is a session on blood pressure where the effect of sodium is discussed.
3	Aerobic Exercise	Section #1 Chapter #2 Page 17	Because our education classes alternate between English and French, patient's don't end up doing this class all on the same week.
	Exercise and Cold Weather <i>(this can be moved later to an open spot if the time of year is not appropriate for the topic or change to hot weather)</i>	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)	This can also be discussed during a patient's first exercise session, especially if they start the program during the winter months.
	How Much Physical Activity is Good For You?	Section #3 Chapter #19 Page 151	During a patients first one on one exercise session with the kinesiologist we explain the importance of 3-5 sessions of aerobic exercise per week (150 minutes). They visit the cardiac rehab gym 2x/week so they are expected to do some walking or other activities at home.
	Resistance Training - benefits and safety	Section #2 Chapter #12 Page 92	Patients can either start a prescribed weight training program on week 4 or 6 depending on their medical condition. We also go over benefits, safety and different types of weight training exercises during week 3 of the education sessions.

	How Much Physical Activity is Good For You?	Section #3 Chapter #19 Page 151	During a patients first one on one exercise session with the kinesiologist we explain the importance of 3-5 sessions of aerobic exercise per week (150 minutes). They visit the cardiac rehab gym 2x/week so they are expected to do some walking or other activities at home.
	Exercise and Weather (<i>hot or cold depending on season</i>)	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)	This can also be discussed during a patient's first exercise session, especially if they start the program during the summer months.
	Progress Your Exercise Program	Section #3 Chapter #20 Page 156	We explain how to progress an exercise program during the education session. At the end of each patient's 12 week program, they are scheduled for a follow up with the kinesiologist where we go over this with them again. We also talk to them about continuing in our maintenance program or help them plan a transition to another program.
3 & 7	Goal Setting & Action Planning	Section #2 Chapter #11 Page 79	During their first exercise session, patients are asked to set a goal and discuss 2 actions that will be undertaken in order to achieve said goal.
4	Cardiac Medicines	Section #1 Chapter #9 Page 63	Because our education classes alternate between English and French, patient's don't end up doing this class all on the same week.
5	Your Psychosocial Risks – Part 1 & 2	Section #2 Chapter #17 Page 134	In addition to having a one on one meeting with our psychologist, patients attend a stress management session which is held during week 5 of our education sessions.
Appoint ments	Nutrition – Reading Food Labels Note – there will be no exercise on this day	Section #2 Chapter # 15 Page 118	Patients are also given the opportunity to sign up for a grocery tour given by a dietician in the community. These sessions alternate between French and English; therefore aren't attended by patients all on the same week of their program.

10-12*	Relapse Planning	Section #3 Chapter #21 Page 164	The patients are scheduled for a 3 month program follow up with the kinesiologist where they will be given information to continue the maintenance program or opt to continue on their own. They will be informed that a 6 month post program follow up will also be scheduled at a later date.
12*	Graduation (Life after Graduation)	Section #3 Chapter 22 Page 168	We do not have a formal graduation as all of our patients start on different days/weeks. They will be given information on continuing in our maintenance program or help with transitioning to another program of their choice.

*week number related to exercise program.

Site 3: Education Program Schedule with the Cardiac College at PREV Program - Quebec

Education at PREV was delivered as followed: 12 education sections (once per week) with 20 minutes of duration per session. The content of these sessions followed the 5 pillars of Cardiac College (treating heart disease, getting active, healthy eating, emotional wellbeing, and taking control). A multidisciplinary team of healthcare providers delivered the education through lectures and using the patient guide in French.

Week	Education Topic	Guide Section & Chapter	Comments
Pre-CR	Orientation to Your Cardiac Rehab Program	Section #1 Chapter #1 Page 1	We talk about this topic during initial assessment.
1	Your Heart and Heart Disease	Section #1 Chapter #8 Page 50	

	Safe Exercise (includes angina education)	Section #1 Chapter # 2 Page 6 Angina: Chapter #4 Page 23 Irregular Heartbeats Chapter #5 Page28	The part about angina will be delivered at first week The rest of the content is delivered at week 8
2	Controlling Your Risk Factors	Section #2 Chapter #10 Page 72	We also talk about exercise's benefits
3	Nutrition – Benefits of Fibre and Plant Food	Section #2 Chapter #14 Page 112	
4	Vascular Disease for patients with stroke*		*Not relevant to the participants of our study.
5	Your Psychosocial Risks – Part 1 & 2	Section #2 Chapter #17 Page 134	
6	Goal Setting & Action Planning	Section #2 Chapter #11 Page 79	
	Relapse Planning	Section #3 Chapter #21 Page 164	
7	Cardiac Medicines	Section #1 Chapter #9 Page 63	
8	Exercise and Weather (<i>hot or cold depending on season</i>)	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)	

	Exercise and Cold Weather <i>(this can be moved later to an open spot if the time of year is not appropriate for the topic or change to hot weather)</i>	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)	
	Aerobic Exercise	Section #1 Chapter #2 Page 17	
	Exercise and Cold Weather <i>(this can be moved later to an open spot if the time of year is not appropriate for the topic or change to hot weather)</i>	Section #1 Chapter #6 (page 33 for cold) & Chapter #7 (page 41 for hot)	
	Resistance Training Part 1 & 2- benefits and safety	Section #2 Chapter #12 Page 92	
9	How Much Physical Activity is Good For You?	Section #3 Chapter #19 Page 151	
	Progress Your Exercise Program	Section #3 Chapter #20 Page 156	
	Graduation	Section #3 Chapter 22 Page 168	We talk about activities offered in community.
10	Nutrition – Fats, Cholesterol and your Diet + Resistance Training Part 3	Section #2 Chapter #13 Page 100	
	Nutrition – Sodium & Blood Pressure	Section #2 Chapter #16 Page 126	

11	Nutrition – Reading Food Labels Note – there will be no exercise on this day	Section #2 Chapter # 15 Page 118	
12	Final class	-	Education about demystifying false beliefs

Supplemental Table S2: Participants' sociodemographic and clinical characteristics at pre-test by retention status

Characteristic		Retained (n=162; 64.3%)	Lost to follow-up (n=90)	Overall (n=252)
Sociodemographic				
Age (mean±SD)		64.39±9.16	62.37±9.65	64.59±9.67
Sex n (%)	Male	113 (70.2)	45 (67.2)	159 (69.4)
	Female	48 (29.8)	22 (32.8)	70 (30.6)
Ethnicity† n (%)	Caucasian	129 (86.6)	53 (79.1)	182 (84.3)
	Others	20 (13.4)	14 (21.9)	12 (5.1)
Education level† n (%)	Less than high school	15 (9.4)	5 (6.9)	20 (8.6)
	High School	44 (27.5)	23 (31.9)	67 (28.9)
	Trades certificate	21 (13.1)	11 (15.3)	32 (13.8)
	College or Diploma	36 (22.5)	19 (26.4)	55 (23.7)
	University	44 (27.5)	14 (19.4)	23 (25.0)
Family income† n (%)	Under \$10,000 per year	4 (2.6)	4 (5.9)	8 (3.7)
	Between \$10,001 and \$50,000	71 (47.0)	29 (42.6)	100 (45.7)
	Between \$50,001 and \$100,000	48 (31.8)	22 (32.4)	70 (32)
	Between \$100,001 and \$150,000	18 (11.9)	7 (10.3)	25 (11.4)
	Above \$150,001	10 (6.6)	6 (8.8)	16 (7.3)
Clinical, n (% yes) ‡				
MI		70 (43.8)	24 (35.8)	95 (41.7)
PCI		98 (61.6)	34 (50.7)	132 (58.1)
CABG		38 (23.9)	14 (20.9)	52 (22.9)
Angina		50 (31.3)	14 (20.9)	65 (28.5)

CHF		16 (10.0)	7 (10.4)	23 (10.1)
Risk factors and comorbidities	Hypertension	123 (76.4)	44 (65.7)	168 (73.4)
	Dyslipidemia	117 (72.7)	39 (58.2)	157 (68.6)
	Diabetes Type II	27 (16.8)	23 (34.3)	50 (21.8)
	Obesity	62 (38.5)	21 (31.3)	84 (36.7)
	Smoking	16 (9.9)	8 (11.9)	24 (10.5)
	Sleep apnea	10 (6.2)	8 (11.9)	18 (7.9)
	Alcohol	11 (6.8)	2 (3.0)	13 (5.7)
	VHD	6 (4.1)	1 (2.6)	7 (3.3)
	Depression	3 (1.9)	2 (3.0)	5 (2.2)

Note = valid percentages are reported.

CABG indicates coronary artery bypass grafting; CHF chronic heart failure; MI myocardial infarction; PCI percutaneous coronary intervention; SD standard deviation; VHD valvular heart disease.

* Analysis of variance *p<.05

†Self-reported.

‡Extracted from electronic patients records.