



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

HEARTWISE WEBINAR SERIES

THE COVID-19 SERIES

ESTHER DOUCETTE, MSW

Social Worker, University of Ottawa Heart Institute

KATHLEEN TURNER, RD

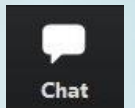
Registered Dietitian, University of Ottawa Heart Institute

JENNIFER HARRIS, BSCPT

Manager, CVD Prevention and Rehabilitation Outreach Programs, University of Ottawa Heart Institute

WELCOME HOUSEKEEPING

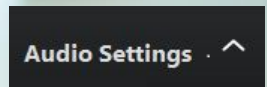
To notify the presenters and moderators
if you are having any technical difficulties



To ask questions through session



To check your audio settings by clicking
“Test speaker and microphone”





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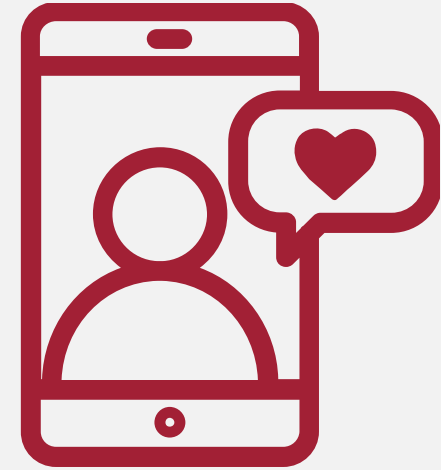
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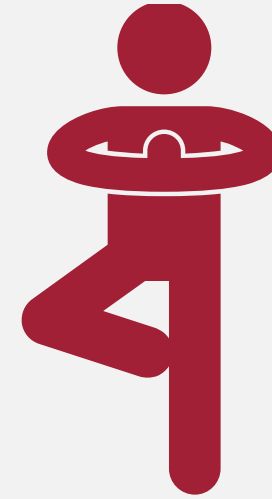




TAKE
CONTROL OF
WHAT YOU
CAN



CONNECT
WITH
OTHERS,
VIRTUALLY



PRACTICE DEEP
BREATHING &
MINDFULNESS



**AVOID
OVEREXPOSURE
TO NEWS AND
OTHER EMOTIONAL
TRIGGERS**



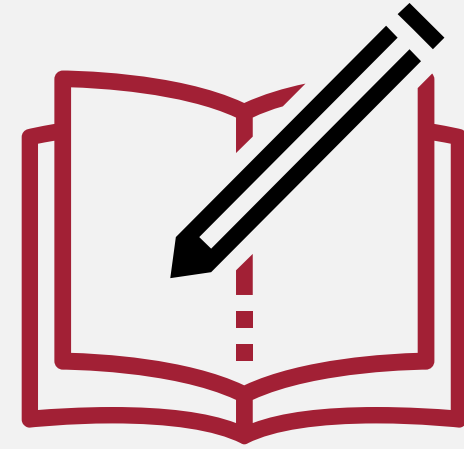
BEWARE OF
QUICK FIXES



**HOW YOU EAT IS
AS IMPORTANT AS
WHAT YOU EAT**



**COOK AT
HOME MORE
OFTEN**



ESTABLISH A
ROUTINE



GET YOUR
HEART
PUMPING
EVERYDAY



SIT **LESS**



MOVE **MORE**



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QUESTIONS?

**All sessions will be recorded
and available on our
Prevention and Wellness Centre (PWC) website.**

[PWC.OTTAWAHEART.CA](https://pwc.ottawaheart.ca)

**Please email pwc@ottawaheart.ca
if you have any questions or ideas
for additional topics.**

THANK YOU FOR JOINING!