



Prevention and Wellness & Women's Heart Health Centre News



The Virtual Care Program is accepting patients...online!

Looking for fast and convenient health advice? Whether you have heart disease or wish to prevent it, the Virtual Care Program (VCP) is an online health program aimed to help men and women control and manage their risk factors. The program offers the opportunity to talk to a health coach from the Ottawa Heart Institute and receive personalized health advice. VCP lets you track and monitor your health goals, improve risk factors such as weight, blood pressure, exercise, diet, receive group support and much more! Participation is free, but space is limited so register today.



Participants must qualify for health coaching services. [Find out more.](#)

The 2016 Canadian Women's Heart Health Summit is fast approaching!

The University of Ottawa Heart Institute and the Heart and Stroke Foundation, are proud to host the Canadian Women's Heart Health Summit on April 14-15 at the Westin Hotel in Ottawa. This event will bring together local, provincial and national experts and stakeholders to identify and propose strategies for the challenges involving heart disease and women across Canada. We are proud to welcome some of the biggest names and experts in women's cardiovascular health.

Visit www.womensheartsummit.ca for the full program agenda and speaker details. Sponsorship opportunities are also available.

See what the buzz is all about
[Twitter.com/cwhhs](https://twitter.com/cwhhs)

CardioPrevent[®] is accepting new patients for April 2016!

If you have one or more risk factors for heart disease, you could qualify for our risk reduction program, free of charge. CardioPrevent helps people with risk factors lower their chances of developing cardiovascular disease. CardioPrevent Health Coaches develop tailored, personalized plans to improve participants' well-being and quality of life.

Our team is accepting new participants for April. The program requires a referral from a physician. Space is limited.

To learn more or to download our referral form, please visit our [website](#).

The Women@Heart Program is hosting workshops across Ottawa!

Women may face different challenges than men after having a heart event. Some of these challenges may only be fully understood by other women. Women@Heart is a program that keeps "women helping women" in mind. The program allows women to come together and talk about their emotions when coping with heart disease. The leader of the workshop is herself a heart patient and has been trained to lead peer support groups on behalf of the Ottawa Heart Institute.

Workshops are offered at **community locations** in Ottawa, from Russell to Kanata! To find a group nearest you, check out our [online schedule](#). To register, please email nelias@ottawaheart.ca