



## Prevention and Wellness & Women's Heart Health Centre News



### The 2016 Women's Heart Health Summit

Hosted by the University of Ottawa Heart Institute and the Heart and Stroke Foundation, the 2016 Canadian Women's Heart Health Summit will take place April 14-15, 2016 at the Westin hotel in downtown Ottawa.

This 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. By coming together we will ultimately transform and save women's lives through research, awareness and evidence-based care.

Stay tuned to discover how you can be a part of this powerful event. Details can be found at [www.yourheart.ca](http://www.yourheart.ca)

### Red Dress Golf Tournament

The Annual Jeanne Fuller Red Dress Charity Golf Classic is an all women's golf tournament in support of the Canadian Women's Heart Health Centre. This tournament allows women to gather together in support of each other, to empower each other and to receive powerful heart health education - all while having fun! The tournament day offers a variety of activities such as yoga, a golf clinic and beauty technicians. Come join us!

When: Monday September 21<sup>st</sup>, 2015

Where: Loch March Golf & Country Club

Prices: Individual Golfer: \$295/Foursome: \$1180

Learn more or register [here!](#)

### Virtual Care Program Coming Fall 2015

The Canadian Women's Heart Health Centre will be launching the first Virtual Care Program (VCP). The VCP will be an online cardiovascular health management system to help participants control and manage their risk factors. The program will have online support forums, health trackers, connection to activity monitors and more. Participants with heart disease or who are at risk of heart disease could also qualify for online personal health coaching services.

*Coming soon! Follow us on [Facebook](#) as we release more information about the program!*

### Register for the Last Women@Heart Workshop of 2015!

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](#) groups meet every two weeks in a supportive, caring environment where participants learn to:

- Reduce their risk of isolation
- Adopt effective coping and recovery strategies
- Better understand their heart condition for optimized recovery

The program will have its final workshop of 2015, scheduled to begin October 20<sup>th</sup> in Bells Corner. Please call 613-798-5555 x19275 or [register online](#). Space is limited. *For more details, visit our [website](#).*

### CardioPrevent<sup>®</sup> Is Coming to Glengarry!

If you have one or more risk factors for heart disease you could qualify for our risk reduction program, free of charge.

CardioPrevent<sup>®</sup> helps people with risk factors lower their chances of having cardiovascular disease. CardioPrevent<sup>®</sup> Health Coaches develop tailored, personalized plans to improve participants' well-being and quality of life.

The CardioPrevent<sup>®</sup> Program is now accepting new participants for their mobile clinic in Glengarry October 21st. The program requires a referral from a physician. Space is limited.

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