



Prevention and Wellness & Women's Heart Health Centre News



Upcoming Women@Heart support groups: Kanata, Cornwall and Ottawa areas!

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 a heart patient who 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 near you, check out our [online schedule](#). To register, please email nelias@ottawaheart.ca



Virtual Rehab is here! A rehab program for your heart, without all the travel

The Ottawa Heart Institute is proud to offer a new Virtual Rehab program for patients with heart disease. The program educates patients and helps them manage their condition or prevent a subsequent event. Patients complete an intake assessment and are introduced to a personal health coach. Their coach will monitor their progress for six months through scheduled health coaching sessions. The program uses online technology to support behaviour change and risk factor management.

Visit pwc.ottawaheart.ca/virtualcare for more information.



Want to prevent heart disease? Start here!

The Virtual Care Program (VCP) is an online health program for reducing the risk of developing heart disease by improving risk factors such as blood pressure, cholesterol, weight, exercise, diet and more. The program offers personal health coaching from the Ottawa Heart Institute. Participation is free, but **space is limited**.

[Click here](#) to learn more.



CardioPrevent® will show you how to improve your heart health

When you participate in CardioPrevent®, you receive a personalized risk reduction program. Over the period of a year, our CardioPrevent® coaches will guide and support you as you make positive lifestyle changes. You'll receive a full risk factor screening, counseling and tailored education, a full year of support and encouragement, access to community resources and much more.

CardioPrevent® is free of charge and our team is accepting patients for July 2016.

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