



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

Prevention & Rehabilitation Centre Heart Healthy Workshops

2018 SPRING SCHEDULE: April • May • June

All are welcome! Unless otherwise specified, registration is not required and workshops are in English. Workshops are held in the Foustanellas auditorium on the 2nd floor of the Heart Institute, 40 Ruskin Street, Ottawa.



Nutrition 101

Learn how to read food labels and get the facts on fat, cholesterol, fibre and salt.



Nutrition 201

Learn about trends in nutrition including super foods, supplements and the Mediterranean diet.



Nutrition Tips for Weight Management

Learn to set realistic goals and plan meals for weight management.



Stress and the Heart

Learn about strategies and resources for managing stress.



Do you live outside of Ottawa?

We can arrange a telehealth connection for you. That means you can listen and view the workshop at a hospital near you. Call 613-696-7000 ext: 14542 to get more information.



QUIT Smoking Information Session

Find out what tools you need to help you quit smoking. (\$10/person).

Registration required: 613-696-7069



CPR/AED Workshop for Patients & Family Members

Learn CPR & how to use an Automated External Defibrillator (AED). A workshop designed for patients & family members of the Heart Institute (\$20/person).

Registration Required: www.lionheartcpr.com

Call 1-855-63-HEART (43278)



















Women@heart workshop




















Learn about the women@heart program which aims to provide women with heart disease, with emotional and educational support in a caring environment.

April 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
2 EASTER MONDAY	3 10:15 a.m. – 11:15 a.m. West Foustanellas	4 10:15 a.m. – 11:15 a.m. East Foustanellas	5	6
9 6:30 p.m. – 7:30 p.m. West Foustanellas	10 10:00 a.m. – 11:00 a.m. West Foustanellas 1:30 p.m. – 2:30 p.m. East Foustanellas	11 10:30 a.m. – 11:30 a.m. East Foustanellas 6:00 p.m. – 7:00 p.m. Centre Foustanellas	12	13
16 6:30 p.m. – 7:30 p.m. West Foustanellas	17 2:45 p.m. – 3:45 p.m. West Foustanellas	18 10:15 a.m. – 11:15 a.m. East Foustanellas 2:45 p.m. – 3:45 p.m. East Foustanellas	19 11:00 a.m. – 12:00 p.m. West Foustanellas 2:45 p.m. – 3:45 p.m. East Foustanellas	20
23 6:30 p.m. – 7:30 p.m. West Foustanellas	24	25 2:45 p.m. – 3:45 p.m. East Foustanellas	26 10:15 a.m. – 11:15 a.m. East Foustanellas	27 1:30 p.m. – 4:30 p.m. Heart Institute Track
30 6:30 p.m. – 7:30 p.m. West Foustanellas				May & June →

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7  6:30 p.m. – 7:30 p.m. West Foustanelas	8	9  1:30 p.m. – 2:30 p.m. West Foustanelas  2:45 p.m. – 3:45 p.m. East Foustanelas  6:00 p.m. – 7:00 p.m. Centre Foustanelas	10  9:00 a.m. – 10:00 a.m. West Foustanelas	11
14  2:00 p.m. – 3:00 p.m. West Foustanelas  2:45 p.m. – 3:45 p.m. East Foustanelas	15	16	17	18
21 VICTORIA DAY	22  2:45 p.m. – 3:45 p.m. East Foustanelas	23  10:15 a.m. – 11:15 a.m. East Foustanelas	24  10:15 a.m. – 11:15 a.m. East Foustanelas	25  1:30 p.m. – 4:30 p.m. Centre Foustanelas
28  6:30 p.m. – 7:30 p.m. West Foustanelas	29  10:15 a.m. – 11:15 a.m. East Foustanelas  2:45 p.m. – 3:45 p.m. West Foustanelas	30	31  10:15 a.m. – 11:15 a.m. West Foustanelas  10:15 a.m. – 11:15 a.m. East Foustanelas	

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4  6:30 p.m. – 7:30 p.m. West Foustanelas	5  9:00 a.m. – 10:00 a.m. West Foustanelas	6  10:15 a.m. – 11:15 a.m. East Foustanelas	7  8:30 a.m. – 9:30 a.m. West Foustanelas  10:15 a.m. – 11:15 a.m. West Foustanelas	8
11  10:15 a.m. – 11:15 a.m. East Foustanelas  6:30 p.m. – 7:30 p.m. West Foustanelas	12  10:00 a.m. – 11:00 a.m. West Foustanelas	13  6:00 p.m. – 7:00 p.m. Centre Foustanelas	14  2:45 p.m. – 3:45 p.m. East Foustanelas	15
18  6:30 p.m. – 7:30 p.m. West Foustanelas	19  2:45 p.m. – 3:45 p.m. West Foustanelas	20  10:15 a.m. – 11:15 a.m. East Foustanelas	21  1:30 p.m. – 2:30 p.m. East Foustanelas  2:45 p.m. – 3:45 p.m. West Foustanelas	22
25  2:45 p.m. – 3:45 p.m. East Foustanelas  6:30 p.m. – 7:30 p.m. West Foustanelas	26	27  2:45 p.m. – 3:45 p.m. West Foustanelas	28	29  1:30 p.m. – 4:30 p.m. Heart Institute Track