

# Prevention & Rehabilitation Centre Heart Healthy Workshops

## 2018 SUMMER SCHEDULE: July • August • September

**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](http://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.

July 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>STAT HOLIDAY</b>	3  10:15 a.m. – 11:15 a.m. West Foustanellas Auditorium	4  10:15 a.m. – 11:15 a.m. East Foustanellas Auditorium	5	6
9  6:30 p.m. – 7:30 p.m. West Foustanellas Auditorium	10  10:00 a.m. – 11:00 a.m. West Foustanellas Auditorium  1:15 p.m. – 2:15 p.m. East Foustanellas Auditorium	11  2:45 p.m. – 3:45 p.m. West Foustanellas Auditorium	12  10:15 a.m. – 11:15 a.m. East Foustanellas Auditorium	13
16  6:30 p.m. – 7:30 p.m. West Foustanellas Auditorium	17  1:30 p.m. – 2:30 p.m. West Foustanellas Auditorium	18  10:15 a.m. – 11:15 a.m. East Foustanellas Auditorium  2:45 p.m. – 3:45 p.m. East Foustanellas Auditorium	19	20
23  6:30 p.m. – 7:30 p.m. West Foustanellas Auditorium	24  1:30 p.m. – 3:30 p.m. West Foustanellas Auditorium	25 <b>SHUTDOWN</b>	26  9:15 a.m. – 10:15 a.m. East Foustanellas Auditorium	27 <b>SHUTDOWN</b>
30  6:30 p.m. – 7:30 p.m. West Foustanellas Auditorium	31 <b>SHUTDOWN</b>			August & September →

## August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1  2:45 p.m. – 3:45 p.m. East Foustanelas Auditorium	2  10:15 a.m. – 11:15 a.m. West Foustanelas Auditorium	3 <p style="text-align: center; color: red; font-weight: bold;">SHUTDOWN</p>
6 <p style="text-align: center; color: red; font-weight: bold;">CIVIC HOLIDAY</p>	7	8  1:15 p.m. – 2:15 p.m. East Foustanelas Auditorium   6:00 p.m. – 7:00 p.m. Centre Foustanelas Auditorium	9	10
13  6:30 p.m. – 7:30 p.m. West Foustanelas Auditorium	14  10:15 a.m. – 11:15 a.m. East Foustanelas Auditorium	15  1:30 p.m. – 2:30 p.m. East Foustanelas Auditorium	16	17
20  11:00 a.m. – 12:00 p.m. West Foustanelas Auditorium  6:30 p.m. – 7:30 p.m. West Foustanelas Auditorium	21  10:15 a.m. – 11:15 a.m. West Foustanelas Auditorium	22	23	24
27  6:30 p.m. – 7:30 p.m. West Foustanelas Auditorium	28	29  1:30 p.m. – 2:30 p.m. West Foustanelas Auditorium	30  10:15 a.m. – 11:15 a.m. East Foustanelas Auditorium  1:30 p.m. – 2:30 p.m. East Foustanelas Auditorium	31

## September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 <p style="text-align: center; color: red; font-weight: bold;">LABOUR DAY</p>	4	5  10:15 a.m. – 11:15 a.m. East Foustanelas Auditorium	6	7
10	11	12  10:15 a.m. – 11:15 a.m. East Foustanelas Auditorium  3:00 p.m. – 4:00 p.m. West Foustanelas Auditorium  6:00 p.m. – 7:00 p.m. Centre Foustanelas Auditorium	13	14
17	18  2:45 p.m. – 3:45 p.m. East Foustanelas Auditorium	19	20	21
24  6:30 p.m. – 7:30 p.m. West Foustanelas Auditorium	25  10:15 a.m. – 11:15 a.m. West Foustanelas Auditorium	26  1:30 p.m. – 2:30 p.m. West Foustanelas Auditorium	27  10:15 a.m. – 11:15 a.m. East Foustanelas Auditorium  10:15 a.m. – 11:15 a.m. West Foustanelas Auditorium	28  1:30 p.m. – 4:30 p.m. West Foustanelas Auditorium