



# Prevention & Rehabilitation Centre Heart Healthy Workshops

## 2018 WINTER SCHEDULE: January • February • March

**All are welcome!** Unless otherwise specified, registration is not required and workshops are in English. Workshops are held in the Foustanelas 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.



















### Life beyond Cardiac Rehab


















This interactive workshop provides the chance to connect with fellow cardiac rehab participants, review your goals and share successes or any barriers encountered along your journey. Community resources that may help meet your goals will be discussed.

January 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>STAT HOLIDAY</b>	2	3	4	5
8  6:30 p.m. – 7:30 p.m. West Foustanelas	9 10:15 a.m. – 11:15 a.m. West Foustanelas 2:45 p.m. – 3:45 p.m. East Foustanelas	10  6:00 p.m. – 7:00 p.m. Centre Foustanelas	11  2:45 p.m. – 3:45 p.m. East Foustanelas	12
15	16  2:45 p.m. – 3:45 p.m. West Foustanelas	17  10:15 a.m. – 11:15 a.m. East Foustanelas	18	19  1:30 p.m. – 4:30 p.m. West Foustanelas
22 10:15 a.m. – 11:15 a.m. East Foustanelas 2:00 p.m. – 3:00 p.m. West Foustanelas 6:30 p.m. – 7:30 p.m. West Foustanelas	23  10:15 a.m. – 11:15 a.m. West Foustanelas	24  10:15 a.m. – 11:15 a.m. East Foustanelas	25  10:15 a.m. – 11:15 a.m. East Foustanelas	26
29  6:30 p.m. – 7:30 p.m. West Foustanelas	30  2:45 p.m. – 3:45 p.m. East Foustanelas	31  2:45 p.m. – 3:45 p.m. West Foustanelas	February & March →	

## February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2  10:00 a.m. – 11:30 a.m. East Foustanelas
5  6:30 p.m. – 7:30 p.m. West Foustanelas	6  10:15 a.m. – 11:15 a.m. West Foustanelas	7  10:15 a.m. – 11:15 a.m. East Foustanelas  6:00 p.m. – 7:00 p.m. Centre Foustanelas	8  2:45 p.m. – 3:45 p.m. East Foustanelas	9
12  10:15 a.m. – 11:15 a.m. East Foustanelas  6:30 p.m. – 7:30 p.m. West Foustanelas	13  10:15 a.m. – 11:15 a.m. East Foustanelas  11:00 a.m. – 12:00 p.m. Centre Foustanelas	14  2:45 p.m. – 3:45 p.m. East Foustanelas	15  2:45 p.m. – 3:45 p.m. East Foustanelas	16
19 <b>FAMILY DAY</b>	20  10:15 a.m. – 11:15 a.m. East Foustanelas	21  10:15 a.m. – 11:15 a.m. East Foustanelas	22	23
26  6:30 p.m. – 7:30 p.m. West Foustanelas	27  2:45 p.m. – 3:45 p.m. East Foustanelas	28		

## March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5  10:15 a.m. – 11:15 a.m. West Foustanelas  6:30 p.m. – 7:30 p.m. West Foustanelas	6  10:15 a.m. – 11:15 a.m. East Foustanelas  10:15 a.m. – 11:15 a.m. West Foustanelas	7  6:00 p.m. – 7:00 p.m. Centre Foustanelas	8	9
12	13	14	15  2:45 p.m. – 3:45 p.m. East Foustanelas	16  1:30 p.m. – 4:30 p.m. Heart Institute Track
19  6:30 p.m. – 7:30 p.m. West Foustanelas	20  2:45 p.m. – 3:45 p.m. West Foustanelas	21  2:45 p.m. – 3:45 p.m. West Foustanelas	22  10:15 a.m. – 11:15 a.m. East Foustanelas	23
26  2:00 p.m. – 3:00 p.m. West Foustanelas  10:15 a.m. – 11:15 a.m. East Foustanelas  6:30 p.m. – 7:30 p.m. West Foustanelas	27  10:15 a.m. – 11:15 a.m. West Foustanelas	28  2:45 p.m. – 3:45 p.m. West Foustanelas	29  10:15 a.m. – 11:15 a.m. East Foustanelas	30 <b>GOOD FRIDAY</b>