



Prevention & Rehabilitation Centre Heart Healthy Workshops

2019 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 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.



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)



Nutrition 201

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



Stress and the Heart

Learn about strategies and resources for managing stress.



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.



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.

April 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1 6:30 p.m. – 7:30 p.m. Centre Foustanelas	2	3	4 10:15 a.m. – 11:15 a.m. Centre Foustanelas 2:45 p.m. – 3:45 p.m. Centre Foustanelas	5
8	9 2:00 p.m. – 3:00 p.m. Centre Foustanelas	10 10:15 a.m. – 11:15 a.m. Centre Foustanelas	11	12
15 10:15 a.m. – 11:15 a.m. Centre Foustanelas	16 2:45 p.m. – 3:45 p.m. Centre Foustanelas	17 10:15 a.m. – 11:15 a.m. Centre Foustanelas	18	19 GOOD FRIDAY
22 EASTER MONDAY	23 2:45 p.m. – 3:45 p.m. Centre Foustanelas	24 1:30 p.m. – 2:30 p.m. Centre Foustanelas	25	26
29	30			April & May →

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2  2:45 p.m. – 3:45 p.m. Centre Foustanelles	3  1:30 p.m. – 4:30 p.m. Cardiac Rehab Track
6	7  10:15 a.m. – 11:15 a.m. Centre Foustanelles	8  10:15 a.m. – 11:15 a.m. Centre Foustanelles	9	10
13	14  10:15 a.m. – 11:15 a.m. Centre Foustanelles  2:45 p.m. – 3:45 p.m. Centre Foustanelles	15	16	17
20 VICTORIA DAY	21	22  11:00 a.m. – 12:00 p.m. Centre Foustanelles  2:45 p.m. – 3:45 p.m. Centre Foustanelles	23  2:45 p.m. – 3:45 p.m. Centre Foustanelles	24
27	28	29	30	31

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3  6:30 p.m. – 7:30 p.m. Centre Foustanelles	4	5  2:45 p.m. – 3:45 p.m. Centre Foustanelles	6	7
10  10:15 a.m. – 11:15 a.m. Centre Foustanelles  6:30 p.m. – 7:30 p.m. Centre Foustanelles	11  10:15 a.m. – 11:15 a.m. Centre Foustanelles	12	13  10:15 a.m. – 11:15 a.m. Centre Foustanelles	14
17  10:15 a.m. – 11:15 a.m. Centre Foustanelles 6:30 p.m. – 7:30 p.m. Centre Foustanelles	18	19	20	21
24  6:30 p.m. – 7:30 p.m. Centre Foustanelles	25  2:00 p.m. – 3:00 p.m. Centre Foustanelles	26  1:30 p.m. – 2:30 p.m. West Foustanelles  2:45 p.m. – 3:45 p.m. Centre Foustanelles	27	28  1:30 p.m. – 4:30 p.m. Centre Foustanelles

For more information, please call 613-696-7000 ext 19641 or visit www.ottawaheart.ca/rehab