



Prevention and Wellness & Women's Heart Health Centre News



Registration for the 2016 Women's Heart Health Summit is open

Coming April 14-15, 2016, the University of Ottawa Heart Institute and the Heart and Stroke Foundation, are proud to host the Canadian Women's Heart Health Summit.

This 1.5 day event will bring together local, provincial and national experts and stakeholders to identify and propose strategies for the challenges involving heart disease and women across Canada.

Visit www.womensheartsummit.ca for the full program agenda and speaker details. Sponsorship opportunities are available.



(New!)The Virtual Care Program is accepting participants- Space is limited

Have you ever wanted your very own personal health coach? The Canadian Women's Heart Health Centre has launched the first Virtual Care Program (VCP)! The VCP will be an online cardiovascular health management system aimed to help *men and women* control and manage their risk factors. The program includes online support forums, health trackers, connection to activity monitors and more. Participants could also qualify for personal health coaching services. **Find out more!** <http://cwhhc.ottawaheart.ca/virtualcare>



CardioPrevent® registration is open for January

We are now accepting patients for January 2016. CardioPrevent® helps *men and women* with risk factors lower their chances of having cardiovascular disease. If you have one or more risk factors for heart disease you could qualify for this risk reduction program, free of charge. CardioPrevent® Health Coaches develop tailored, personalized plans to improve participants' well-being and quality of life. The CardioPrevent® Program requires a referral from a physician. Physicians may refer by completing and faxing a referral form to our office. **Space is limited.** Intake is scheduled for January 14th, 2016.

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

Watch the Women@Heart Program on CTV

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 with a "women helping women" flare that allows individuals to come together and talk about their emotions when coping with heart disease. Get an inside look at what happens around the table of a Women@Heart peer support group as [CTV's Joel Haslam showcases the program](#).

