



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

PREVENTION & REHABILITATION CENTRE

HEART HEALTHY WORKSHOPS

2012 SUMMER SCHEDULE: July♥ August♥ September

Registration is not required unless otherwise specified. All are welcome!
Workshops are in English unless otherwise specified.

Lectures are held on the 2nd floor of the University of Ottawa Heart Institute, 40 Ruskin Street, Ottawa.



ABCs to Heart Healthy Eating: Develop the skills for heart healthy eating to reduce or control your blood cholesterol. Learn how to read food labels and get the facts on fat, cholesterol, fibre and salt.



Nutrition Tips for Weight Management: Learn to set realistic goals for healthy weight management. Acquire the skills to develop balanced meals, proper portion sizes, and techniques for weight loss and maintenance.



Heart Healthy Eating with Diabetes: Get the lowdown on meal planning, managing your diabetes and heart healthy eating. For people wishing to control or prevent diabetes.



QUIT Smoking Information Session (\$25.00/person): Find out what tools you need to help you quit smoking.
Registration required: 613-761-5464



French Workshop—Healthy Eating from A to Z: Offered only in French. Learn how to read food labels and get the facts on fat, cholesterol, fiber and salt.



Living a Healthy Life with Chronic Conditions: Develop the skills & confidence to take action and LIVE HEALTHIER! Over six weeks, learn to better manage your symptoms & make daily tasks easier. Family, friends & caregivers are welcome!

Workshops will be held at the Hintonburg Community Centre, 1064 Wellington Street, Ottawa.

Registration Required: 1-877-240-3941



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 613-761-4753 to get more information.

Powerfuel Nutrition, Eat Smart and Shape up Workshops

Fees and registration required - Call or email Beth Mansfield - 613-738-2384 or beth@peakperformance.ca



Powerfuel Nutrition (\$30.00/person):

This workshop will help you select the best foods and fluids to have more energy to train better, recover more quickly, avoid injuries, and achieve your peak health and sport performance goals.



Eat Smart (\$30.00/person):

Get intelligent advice about sensible eating to lower LDL-cholesterol and triglycerides. This workshop covers what you need to know about the principles of heart healthy eating to achieve your peak health.



Shape Up (\$50.00/person):

Develop a weight loss plan of action using diet and exercise to increase HDL-cholesterol and decrease LDL-cholesterol and triglyceride levels. This workshop includes a body composition/resting metabolic rate test and a hands on workshop to help you adjust your energy balance to achieve a healthy weight goal.
















July 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CANADA DAY	3	4	5	6	7 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
9 6:30 - 7:30 pm West Foustanelas	10	11 10:15 - 11:15 am Centre Foustanelas	12	13	14 9:00 - 12:00 pm Centre Foustanelas 1:00 - 4:00 pm
16 6:30 - 7:30 pm West Foustanelas	17	18	19 2:45 - 3:45 pm West Foustanelas	20	21
23	24	25	26	27	28
30	31			Aug & Sept	→

August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
6 CIVIC HOLIDAY	7	8  6:00 - 7:00 pm Centre Foustanelas	9   10:15 - 11:15 am Centre Foustanelas	10	11
13  6:30 - 7:30 pm West Foustanelas	14   2:45 - 3:45 pm Centre Foustanelas	15	16	17	18
20  6:30 - 7:30 pm West Foustanelas	21  2:45 - 3:45 pm Centre Foustanelas	22	23  10:15 - 11:15 am West Foustanelas	24	25
27  6:30 - 7:30 pm West Foustanelas	28	29	30   10:15 - 11:15 am Centre Foustanelas	31	

September 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 LABOUR DAY	4	5	6   10:15 - 11:15 am Centre Foustanelas	7	8
10  6:30 - 7:30 pm West Foustanelas	11	12  6:00 - 7:00 pm Centre Foustanelas	13   10:15 - 11:15 am Centre Foustanelas	14	15 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
17  6:30 - 7:30 pm West Foustanelas	18   2:45 - 3:45 pm Centre Foustanelas	19  2:15 - 5:15 pm Hintonburg Community	20	21	22  9:00 - 12:00 pm Centre Foustanelas
24  6:30 - 7:30 pm West Foustanelas	25  2:45 - 3:45 pm East Foustanelas	26  2:15 - 5:15 pm Hintonburg C.C.  2:45 - 3:45 pm Centre Foustanelas	27	28	29  9:00 - 12:00 pm Centre Foustanelas  1:00 - 4:00 pm