



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

# Heart Health Education Centre Heart Healthy Workshops

## WINTER SCHEDULE • 2010 • JANUARY • FEBRUARY • MARCH

### HEART DELICIOUS NUTRITION WORKSHOPS

- ▶ Registration required: 613-761-4753 or 1-866-399-HHEC(4432)
- ▶ All workshops are free of charge and 60 minutes, unless otherwise specified



**ABCs to Heart Healthy Eating:** Develop the skills for heart healthy eating to reduce or control your blood cholesterol and improve the health of your arteries. Get the facts on fat, cholesterol, fiber and salt.



**Heart Healthy Shopping:** Learn the tools to better understand food labels, develop heart healthy shopping lists, and plan meals.



**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.



**Hot Topics in Heart Health for Nutrition:** Expand the knowledge you got in the ABCs workshop! An update on various topics related to heart disease such as the Mediterranean diet, antioxidants, omega-3 fats, glycemic index and supplements.



**Eating Well with Diabetes:** Get the lowdown on meal planning, carbohydrates, sweeteners and glycemic index. For people wishing to control or prevent diabetes.



**French Workshop—Healthy Eating from A to Z:** A 2-hour session, offered only in **French**, which combines the 2 workshops ABCs to Heart Healthy Eating and Heart



**Lowering Salt:** “Give Your Head a Shake” and learn to lower the amount of salt you eat. Find out where salt is hidden and how to cook with less salt.



**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.

### ADDITIONAL WORKSHOPS:



**QUIT Smoking Information Session (\$25/p):** (Registration required: 613-761-5464) Find out what tools you need to help you quit smoking.



**Managing your heart medications (free):** Get some basic facts about your heart medications: how they work, common side effects, and important questions to ask your doctor and your pharmacist.

### WEEKEND OPTIONS:

**Coping with Cholesterol and Powerfuel Series** Registration required: call/email Beth Mansfield 613-738-2384 or [bmansfield@ottawaheart.ca](mailto:bmansfield@ottawaheart.ca)



**Eat Smart (\$30/p):** 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/p):** 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



**Power Fuel Nutrition (\$30/p):** 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.

Lectures are held in the Centre Foustanelas Auditorium on the 2nd floor of the Heart Institute

Workshops are in English unless otherwise specified

## January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
4  6:30 - 7:30 pm	5	6  10:00 - 11:00 am  10:00 - 11:00 am East Foustanelas	7  10:00 - 11:00 am East Foustanelas	8	9
11  6:30 - 7:30 pm	12	13  10:00 - 11:00 am  6:00 - 7:00 pm	14  10:00 - 11:00 am West Foustanelas	15	16  9:00 - 12:00 pm
18  6:30 - 7:30 pm	19	20  10:00 - 11:00 am	21  1:30 - 2:30 pm West Foustanelas	22	23  9:00 - 2:00 pm
25  6:30 - 7:30 pm	26  1:30 - 3:00 pm	27  10:00 - 11:00 am	28 1:30 - 2:30 pm East Foustanelas  1:30 - 2:30 pm West Foustanelas	29	30  9:00 - 12:00 pm

For more information visit us at the Heart Health Education Centre  
2<sup>nd</sup> floor of the Heart Institute, Room H-2353  
40 Ruskin Street, Ottawa ON K1Y 4W7  
Tel: 613-761-4753, option # 5, or 1-866-399 HHEC(4432)












[www.ottawaheart.ca/HHEC](http://www.ottawaheart.ca/HHEC)

February & March →

# February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  6:30 - 7:30 pm	2  10:00 - 11:00 am	3  10:00 - 11:00 am	4  10:00 - 11:00 am West Foustanelas	5	6
8  6:30 - 7:30 pm	9  10:00 - 11:00 am	10  1:30 - 2:30 pm West Foustanelas	11  1:30 - 2:30 pm East Foustanelas	12	13
15 <b>FAMILY DAY</b>	16  1:30 - 3:00 pm East Foustanelas	17  10:00 - 11:00 am  6:00 - 7:00 pm	18  10:00 - 11:00 am East Foustanelas	19	20
22  6:30 - 7:30 pm	23  1:30 - 2:30 pm East Foustanelas	24  1:30 - 2:30 pm	25  10:00 - 11:00 am West Foustanelas	26	27  9:00 - 12:00 pm
					Contact Beth Mansfield to register for Saturday Workshops 613-738-2384

# March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  6:30 - 7:30 pm	2  10:00 - 11:00 am	3	4  1:30 - 2:30 pm West Foustanelas	5	6  9:00 - 12:00 pm
8  6:30 - 7:30 pm	9  10:00 - 11:00 am	10  10:00 - 11:00 am  6:00 - 7:00 pm	11  10:00 - 11:00 am West Foustanelas	12	13
15  6:30 - 7:30 pm	16  1:30 - 2:30 pm	17	18  10:00 - 11:00 am West Foustanelas	19	20  9:00 - 12:00 pm
22  6:30 - 7:30 pm	23  1:30 - 3:00 pm East Foustanelas	24	25  1:30 - 2:30 pm West Foustanelas  1:30 - 2:30 pm East Foustanelas	26	27  9:00 - 12:00 pm
29  6:30 - 7:30 pm	30  10:00 - 11:00 am West Foustanelas	31			Contact Beth Mansfield to register for Saturday Workshops 613-738-2384

For more information, come visit us at the Heart Health Education Centre,  
2<sup>nd</sup> floor of the Heart Institute, Room H-2353, 40 Ruskin Street, Ottawa ON K1Y 4W7  
Tel: 613-761-4753, option # 5, 1-866-399 HHEC(4432), [www.ottawaheart.ca/HHEC](http://www.ottawaheart.ca/HHEC)

Workshops are given in English unless otherwise specified  
Lectures are held in the Centre Foustanelas Auditorium  
on the 2nd floor of the Heart Institute

Program Descriptions →