



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

# Heart Health Education Centre

## Heart Healthy Workshops

### 2011 SUMMER SCHEDULE: JULY ○ AUGUST ○ SEPTEMBER

To register please call 613-761-4753 or 1-866-399-4432 • All workshops are in English unless otherwise specified  
Lectures are held on the 2nd floor of the University of Ottawa Heart Institute, 40 Ruskin St. Ottawa ON K1Y 4W7



**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, fiber 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.



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



**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! Registration required: 1-877-240-3941



**Do you live outside of Ottawa?** We can arrange a tele-health connection for you. That means you can listen and view the workshop at a hospital near you. Call 613-761-4753



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

#### Powerfuel Nutrition, Eat Smart and Shape up Workshops

Fees and registration required - Call or email Beth Mansfield - 613-738-2384 or [beth@peakperformance.ca](mailto:beth@peakperformance.ca)



**Power Fuel 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 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Canada Day 	2 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
4  6:30 - 7:30 pm West Foustanelas	5  10:15 - 11:15 am Centre Foustanelas	6  2:45 - 3:45 pm Centre Foustanelas	7  10:15 - 11:15 am East Foustanelas	8	9
11	12	13  10:15 - 11:15 am Centre Foustanelas 6:00 - 7:00 pm	14  10:15 - 11:15 am Centre Foustanelas	15	16
18	19	20	21	22	23
25	26	27	28	29	30

August and September →

# August 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Civic Holiday	2	3	4  2:45 - 3:45 pm West Foustanelles	5	6 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
8	9	10  6:00 - 7:00 pm Centre Foustanelles	11  2:45 - 3:45 pm West Foustanelles	12	13
15  6:30 - 7:30 pm West Foustanelles	16	17  10:15 - 11:15 am Centre Foustanelles	18	19	20  9:00 - 12:00 pm Centre Foustanelles
22  6:30 - 7:30 pm West Foustanelles	23  10:15 - 11:15 am Centre Foustanelles	24  2:45 - 3:45 pm Centre Foustanelles	25	26	27  9:00 - 12:00 pm Centre Foustanelles  1:00 - 4:00 pm
29  6:30 - 7:30 pm West Foustanelles	30  10:15 - 11:15 am Centre Foustanelles	31  10:15 - 11:15 am Centre Foustanelles			

# September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Contact Beth Mansfield to register for Saturday Workshops 613-738-2384
5 Labour Day	6	7  2:45 - 3:45 pm Centre Foustanelles	8 9:30 - 12:00 East Foustanelles  2:45 - 3:45 pm West Foustanelles	9	10  9:00 - 12:00 pm Centre Foustanelles
12  6:30 - 7:30 pm West Foustanelles	13  10:15 - 11:15 am West Foustanelles	14  10:15 - 11:15 am West Foustanelles	15 9:30 - 12:00 East Foustanelles  10:15 - 11:15 am West Foustanelles	16	17  9:00 - 12:00 pm Centre Foustanelles
19  6:30 - 7:30 pm West Foustanelles	20	21  2:45 - 3:45 pm West Foustanelles	22 9:30 - 12:00 East Foustanelles  2:45 - 3:45 pm West Foustanelles	23	24  9:00 - 12:00 pm Centre Foustanelles
26  6:30 - 7:30 pm West Foustanelles	27  10:15 - 11:15 am West Foustanelles	28  2:45 - 3:45 pm Centre Foustanelles	29 9:30 - 12:00 East Foustanelles  10:15 - 11:15 am Centre Foustanelles	30	

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