



# Prevention & Rehabilitation Centre Heart Healthy Workshops

## 2015 Summer Schedule: July • August • September

**All are welcome!** Unless otherwise specified, registration is not required and workshops are in English. Lectures are held in the Foustanellas auditorium on the 2nd floor of the Heart Institute, 40 Ruskin Street, Ottawa.



### ABCs to Heart Healthy Eating

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 and plan meals for weight management.



### French Workshop—Healthy Eating from A to Z

Learn how to read food labels and get the facts on fat, cholesterol, fibre and salt. (French only)



### Coping with Stress 101

Learn about strategies and resources for managing stress.



### QUIT Smoking Information Session

Find out what tools you need to help you quit smoking. (\$10/person)

**Registration required:** 613-761-5464



### Meal Planning with Heart Failure

Are you living with Heart Failure? In this workshop you will learn how to plan meals, conserve your energy and reduce your salt intake.





### 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 613-761-4572 to get more information

July 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>CANADA DAY</b>	2	3
6  6:30 - 7:30 pm West Foustanellas	7  10:15 - 11:15 am West Foustanellas	8	9  10:15 - 11:15 am West Foustanellas	10  12:00-1:00 pm East Foustanellas
13  6:30 - 7:30 pm West Foustanellas	14	15  2:15 - 3:15 pm West Foustanellas	16  10:15 - 11:15 am West Foustanellas	17
20	21	22	23	24
27	28	29	30	31 <b>August and September</b> →

## August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3  <b>CIVIC HOLIDAY</b>	4	5  2:45 - 3:45 pm West Foustanelas	6	7
10  6:30 - 7:30 pm West Foustanelas	11  2:45 - 3:45 pm West Foustanelas	12  4:00 - 5:00 pm East Foustanelas   6:00 - 7:00 pm Centre Foustanelas	13	14
17  6:30 - 7:30 pm West Foustanelas	18  2:15 - 3:15 pm West Foustanelas	19	20	22
24  6:30 - 7:30 pm West Foustanelas	25	26	27  10:15 - 11:15 am West Foustanelas	28
31  6:30 - 7:30 pm West Foustanelas				

## September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3  10:15 - 11:15 am West Foustanelas	4
7  <b>LABOUR DAY</b>	8  11:00-12:00 pm East Foustanelas	9  6:00 - 7:00 pm Centre Foustanelas	10	11
14  6:30 - 7:30 pm West Foustanelas	15	16	17  10:15 - 11:15 am West Foustanelas	18
21  6:30 - 7:30 pm West Foustanelas	22  2:15 - 3:15 pm West Foustanelas	23	24	25
28  6:30 - 7:30 pm West Foustanelas	29	30  2:45 - 3:45 pm West Foustanelas		