

# Meet the Expert | Au cœur de l'expertise

## START THE CONVERSATION

### A Woman's Heart Health Across Her Lifespan



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**INCLUDING:** Two former University of Ottawa Heart Institute patients who will share their story.

THE UNIVERSITY OF OTTAWA HEART  
INSTITUTE PATIENT ALUMNI ASSOCIATION  
INVITES YOU TO ITS THIRD MEET THE  
EXPERT\* CONFERENCE:

**SEPTEMBER 26<sup>TH</sup>, 2017**  
**5:30 PM**

Canal Ritz Restaurant  
375 Queen Elizabeth Drive (at Fifth)  
Ottawa, K1S 5M5

Please RSVP at [ottawaheartalumni.ca](http://ottawaheartalumni.ca)

\*\*This is a **FREE** event and all are welcome.  
Food and beverages available for purchase\*\*

(Please arrive early to allow time for placing your  
order prior to the beginning of the conference)

Men and women are very different when it comes to matters of the heart, and that's just as true for matters of heart health. While heart disease is on the decline among men, it is rising among women. It's the number one killer of women over 35 worldwide, accounting for more deaths every year than all cancers combined. Come out to better understand how to prevent women's heart disease and ways to develop a heart healthy lifestyle. Enjoy this opportunity to chat with experts on women's heart health and patients alike!

**\*Meet the Expert** is part of the Patient Alumni Speaker Series that connects Heart Institute patients and experts, as well as members of the community, on a variety of topics related to heart disease, in an informal and social setting.