



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

## Monday, January 18, 2016

7:30 - 9:00 pm

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**Guest Speaker: Lyall Higginson, MD, PhD**

**Topic:** “Biggest change in 30 Years”

Dr. Lyall Higginson is a clinical cardiologist in the Division of [Cardiology](#) at the University of Ottawa Heart Institute and Professor of Medicine at the University of Ottawa. Dr Higginson is committed to undergraduate and graduate medical education and has been an active professor and mentor throughout his career. He was recognized for his commitment to teaching in 2006 when he received the Distinguished Teacher Award from the CCS



**OUR MEETING LOCATION IS:** The University of Ottawa Heart Institute  
40 Ruskin Street, Ottawa, ON  
2<sup>nd</sup> Floor Foustanelas Auditorium

The Ottawa Heart Support Group is an active group of heart patients who meet and wish to improve the quality of life for themselves and their families. We meet on the third Monday of each month, with the hope of helping others. We share experiences and aim to improve awareness and understanding of various heart conditions. Our objective is to reduce the fear, anxiety, and emotional stress that can often result from having a serious health problem. Our focus is on developing positive attitudes and enjoying life to the fullest.

We pursue these objectives at our informal, monthly meetings with interesting and informative speaker as well as other heart-related activities. We welcome new members, their family and friends.

**Ruskin Street Parking is free after 7:00 p.m.**

**More Information Contact**

**Mary Cameron 613-835-2347 or Bill Holland 613-824-9563**

[ottawaheartsupportgroup.com](http://ottawaheartsupportgroup.com)