



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

## Monday, January 16, 2017

7:30 - 9:00 pm

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**Guest Speaker: Robert Reid, PhD**

**Topic:** *"Engaging Patients for Research"*

Robert Reid, PhD, is Deputy Division Head, Prevention and Rehabilitation at the University of Ottawa Heart Institute, and a Full Professor in the Faculty of Medicine at the University of Ottawa. Dr. Reid leads the Ottawa region strategic research [Innovation Cluster](#) on [Behavioural and Environmental Interventions and Personal and Community Cardiovascular Health](#). He is one of Canada's leading health behavior change experts, particularly concerning smoking cessation, physical activity promotion, dietary change and cardiovascular rehabilitation



**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)