



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

## Monday, March 20, 2017

7:30 - 9:00 pm

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**Guest Speaker:** Juan B. Grau, MD, is a cardiac surgeon at the University of Ottawa Heart Institute.

**Topic:** " Translational Cardiovascular Research: From Changing Patient Treatment in the 21<sup>st</sup> Century"



A native of Spain, Dr Grau finished his medical degree and research fellowship in Madrid in 1990 and 1992, respectively. Moving to New York, Dr Grau completed his General Surgery Internship and Residency at NYU Medical Center, where he also served as Executive Chief Resident in General Surgery; he then completed a three-year Research Fellowship at the NYU Laboratory of Developmental

### **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)