



Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

Tuesday, February 20, 2018

7:30 - 9:00 pm

Guest Speaker: Dr Thais Coutinho MD. Chief, Division of Prevention and Rehabilitation, Chair Canadian Women's Heart Health Centre University of Ottawa Heart Institute, Assistant Professor of Medicine, University of Ottawa.

Title: "The Canadian Women's Heart Health Centre: Changing the Landscape for Women With or at Risk for Cardiovascular Diseases".

Dr. Thais Coutinho received her medical degree from the Universidade Federal do Rio de Janeiro, in Brazil, in 2004, and completed residency and fellowship training in Internal Medicine, Cardiology, Vascular Medicine, advanced Echocardiography and Research at the Mayo Clinic in Rochester, MN, in 2013.



OUR MEETING LOCATION IS: The University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON
2nd 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

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