



Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

Monday, June 17, 2019

7:30 - 9:00 pm

Guest Speaker: Lyall Higginson, MD, FRCPC

Topic: Heart Disease 101. A Fireside Chat



Dr. Lyall Higginson's a clinical cardiologist in the Division of Cardiology at the UOHI and Professor of Medicine at the University of Ottawa.

Dr. Higginson received his medical degree from McGill University Medical School in 1971. He was certified as a Fellow of the Royal College of Physicians in Internal Medicine in 1976 and Cardiology in 1977. Dr. Higginson is a former Director of the Cardiology Division at the Heart Institute and a past president of the Canadian Cardiovascular Society. Dr Higginson was recognized for his commitment to teaching in 2006 when he received the Distinguished Teacher Award from the Canadian Cardiology Society.

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