



Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

Tuesday, February 21, 2017

7:30 - 9:00 pm

Guest Speaker: Esther Doucette, MSW

Topic: "A Closer Look at Stress: It Impacts Us All"

Esther is working at the University of Ottawa Heart Institute and previously worked at the Ottawa Hospital Cancer Centre. She received her Masters of Social Work degree from the University of Calgary, and her undergraduate degree from Ryerson University in Toronto. She is also a yoga instructor and a trained mindfulness practitioner.



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

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

ottawaheartsupportgroup.com