



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

## Monday, August 21, 2017

7:30 - 9:00 pm

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**Guest Speaker:** Helena (Leny) Van Ryn

Physiotherapist, University of Ottawa Heart Institute

**Topic:** "Using Wearable Technology to Monitor your Health."

Leny has 26 years of experience working as a physiotherapist at the Heart Institute. She earned her Bachelor's degree in Science (Physiotherapy) from Queen's University where she was Captain of the rowing team. A Certified Clinical Exercise Physiologist through the American College of Sports Medicine, her diverse interests include exercise motivation and education, yoga and meditation as a means to affect life-changing behaviors.



**OUR MEETING LOCATION IS:** The University of Ottawa Heart Institute  
40 Ruskin Street, Ottawa, ON  
2<sup>nd</sup> 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](http://ottawaheartsupportgroup.com)