



Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

Monday, August 20, 2018

7:30 - 9:00 pm

Guest Speaker: Heather Tulloch, PhD

Topic: Heart disease in men and how to cope with the trauma that follows a cardiac event



Heather Tulloch is a Clinical, Health, and Rehabilitation Psychologist at the University of Ottawa Heart Institute and Assistant Professor with the Department of Medicine, in the Faculty of Medicine at the University of Ottawa.

Tulloch received her bachelor's degree in psychology in 1995 from the University of Manitoba in Winnipeg, which she followed with an MSc in Clinical Psychology from North Dakota State University in Fargo in 2000, and a PhD in Clinical Psychology from the University of Ottawa in 2007.

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