



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

**Monday, March 18, 2019**

**7:30 - 9:00 pm**

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**Guest Speaker: Nadia Clarizia, MD**

**Topic: Humble beginnings and new frontiers: the history and future of cardiac surgery**

Dr. Nadia Clarizia is a fourth year trainee in the Cardiac Surgery Residency Program at the University of Ottawa Heart Institute. She completed her undergraduate and medical degrees at the University of Toronto and a Masters degree at the London School of Hygiene and Tropical Medicine. She was recently accepted into the Critical Care Medicine fellowship program at the University of Ottawa and will begin this training in July concurrent with her surgical training. Her career goals are to have a combined practice in cardiac surgery and cardiac intensive care.



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