



Ottawa Heart Support Group

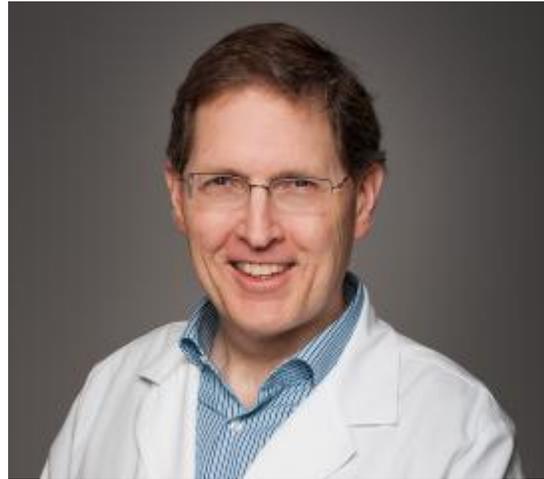
(Health, Education, Activity, Research, Targets)

Tuesday May 21, 2019 7:30 - 9:00 pm

Topic: "University of Ottawa Heart Institute 43 Years"



Marc Ruel, MPH, FRCSC, FCCS, FAHA
Division Head of Cardiac Surgery



Rob Beanlands, MD, FRCPC
Division Head of Cardiology

OUR MEETING LOCATION IS: The University of Ottawa Heart Institute
40 Ruskin Street, Ottawa
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