



Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

Monday, August 19, 2019

7:30 - 9:00 pm

Guest Speaker: Katey Rayner, PhD

Topic: Fueling the flames: Heart disease and inflammation

Katey Rayner, PhD, is a Scientist and Director of the Cardiometabolic micro RNA Laboratory at the University of Ottawa Heart Institute. Dr. Rayner is also an Assistant Professor in the Department of Biochemistry, Microbiology & Immunology at the University of Ottawa. She leads the Ottawa region strategic research Innovation Cluster on Vascular Inflammation and Metabolism.



**OUR MEETING LOCATION IS: The University of Ottawa Heart Institute
40 Ruskin St.
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

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