



# Ottawa Heart Support Group

(Health, Education, Activity, Research, Targets)

## Monday October 21, 2019

7:30 - 9:00 pm

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**Guest Speaker:** Esther Doucette, MSW

**Topic: "Be Mindful of Stress: An exploration of Mindfulness"**

Esther has been working as a social worker for over 25 years. Part of her experience has included working at the Ottawa Hospital in the Cancer Clinic. She is currently working at the University of Ottawa Heart Institute in the outpatient Cardiac Rehabilitation program. She works primary with patients and their families in the Cardiac Rehabilitation program to ease the transition back into "normal life" after a cardiac event. Her work includes one-on-one counseling and facilitating various groups and information sessions. She is also a certified yoga instructor and a trained mindfulness teacher.



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