



## Canadian Women's Heart Health Alliance

### Advocacy Working Group | Member Profile



**Nadine Elias, BSc, Kin**

Lead, Women@Heart Program  
Canadian Women's Heart Health Centre  
University of Ottawa Heart Institute  
Ottawa, ON  
Alliance member since 2020

#### **Biography**

Mrs. Nadine Elias is the Women@Heart Program Lead with the Canadian Women Heart Health Center, Division of the Prevention and Rehabilitation at the University of Ottawa Heart Institute.

Nadine has been with the University of Ottawa Heart Institute since 2005. She initially worked with the research team, as an Educator, looking at behavioral counseling and health impacts of CVD risk factor interventions in the prevention and treatment of CVD. In 2011, Nadine took on a new role in the planning and development of prevention and wellness activities focusing on prevention services for family members of patients with CVD, employee wellness and community outreach activities. Part of her role as well was to facilitate the implementation and evaluation of innovative educational programs and evidence-based interventions for the prevention and management of cardiovascular diseases. Since 2013 with the launch of the Canadian Women Heart Health Center, Nadine was assigned to design, develop and implement a peer support program for women with heart disease. After the program launch in 2015, she has been overseeing day to day activities of the program; working with the research team to evaluate it; and looking for expansion opportunities nationally. Nadine is also, providing one-on-one counseling to at-risk populations and help them gain the necessary tools and skills to prevent and/or manage their risk factors.

Prior to joining the Heart Institute, Nadine worked as a Project Officer for the Ontario Heart Health Initiative where her role was to build community coalition, facilitate working groups, and engage stakeholders in the development of community-based health promotion strategies.

Nadine is a graduate of the University of Concordia, in Clinical Exercise Physiology, and is a certified kinesiologist with wide experience in behavioral counseling and health promotion.