



# HER HEART MATTERS

WEAR RED CANADA • FEB 13



## LET'S WALK AND TALK ABOUT WOMEN'S HEART HEALTH!

FEBRUARY 13, 2020, 9:00AM – 3:00PM

UNIVERSITY OF OTTAWA HEART INSTITUTE, SECOND FLOOR



JOIN US ON **FEBRUARY 13<sup>TH</sup>** IN  
RAISING AWARENESS ABOUT  
WOMEN'S HEART HEALTH:

- **Wear Red**
- **Attend a scheduled activity and/or walk the track**
- **Spread the word on social media using #HerHeartMatters**

**BE PART OF THE CONVERSATION. BE PART OF THE CHANGE. ALL ARE WELCOME!**

**\*WALKING ON THE TRACK IS OPEN TO EVERYONE AT ANY TIME THROUGHOUT THE DAY\***

TIME	SCHEDULED ACTIVITIES	PRESENTERS/FACILITATORS	LOCATION
9:00 - 9:15am	Welcome, photos	Kerri Mullen, PhD and Lisa Comber, BA, KTPC	Cardiac Rehabilitation Track
9:30 - 10:00am	Know Your Numbers	Deborah Younger-Lewis, RN	Centre Foustanelas Auditorium, H-2367
10:00 - 11:00am	Heart Attack in Women: Not the Heart Attack You Saw on TV or Learned in School	Thierry Mesana, MD, PhD, FRCSC and Thais Coutinho, MD	Centre Foustanelas Auditorium, H-2367
11:30am - 12:00pm	Heart Healthy Food Demo	Kathleen Turner, RD	Centre Foustanelas Auditorium, H-2367
12:00 - 1:00pm *video showing from 12:15pm - 12:45pm	"A Typical Heart" Video Documentary Showing and Catered Heart Healthy Lunch	Lisa Comber, BA, KTPC	Centre Foustanelas Auditorium, H-2367
1:00 - 1:30pm	Gentle Yoga and Mindfulness Session	Esther Doucette, MSW, RSW	Cardiac Rehabilitation Track
2:00 - 2:45pm	Community Advocate Toolkit Presentation #HerHeartMatters	Marion Martell and Nadine Elias, BSC, Kin	Centre Foustanelas Auditorium, H-2367
2:45 - 3:00pm	Door Prize Draw and Closing Remarks	Kerri Mullen, PhD and Melissa Core-Gunn, BSc, DIPM	Centre Foustanelas Auditorium, H-2367