



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2018
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CANADIAN WOMEN'S
HEART
HEALTH CENTRE



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Biography

Nadine is a Prevention and Wellness Program Facilitator within the Prevention and Wellness Centre. 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 risk factor interventions in the prevention and treatment of CVD. Since 2011, Nadine has played a role in the planning and development of prevention and wellness activities for family members of patients with CVD and has also focused on employee wellness and community outreach activities.

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. She has a passion in reaching out to as many people with the good word of health and to guide them in developing strategies to lead a healthy lifestyle. Her areas of interest include self-management and behavioral counseling in relation to chronic disease prevention. Her future plans are to pursue a Masters in Human Kinetics: Intervention and Consultation at the University of Ottawa.