

# Heart Wise Exercise Update Session

## Encouraging physical activity among participants with chronic disease

This Heart Wise Exercise refresher session will have sessions on:

- Exercise and osteoarthritis: Hear about new strategies in Ontario about managing patients with arthritis and how to encourage clients with arthritis in your exercise programs
- Motivating your clients to continue: Hear from experts in the field about how to encourage and motivate clients in your classes to continue
- An update about different modes of exercise for clients with various heart conditions

Attendees at this session will receive their Heart Wise Exercise Training Renewal.

Any attendee who is has not taken the Heart Wise Exercise Training can access the full curriculum after this session at a reduced fee

**When:** March 19, 2019

**Where:** Cornwall (location tbd)

**Cost:** \$35 renewal \$75 full training\* Subsidies available for volunteer instructors

To register visit <https://heartwise.ottawaheart.ca/locations/eastern-counties-champlain/training>

For more information: **613-696-7387** or [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca)

For a list of the full training curriculum visit:

<https://heartwise.ottawaheart.ca/professionals/heart-wise-exercise-training>