

# Heart Wise Exercise Update Session

## Encouraging physical activity among participants with chronic disease

This Heart Wise Exercise refresher session will have sessions on:

- Heart Wise Exercise: Refresh your knowledge of the 6 criteria key to the Heart Wise Exercise program
- An update about different modes of exercise for clients with various heart conditions
- ...and more!

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

Any attendee who has not taken the Heart Wise Exercise Training can access the full curriculum after this session at a reduced fee. Contact [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca) for information.

**When:** Monday June 17<sup>th</sup> , 2019 from 1-4pm

**Where:** Ottawa Athletic Club in the Fitness Studio

**Cost:** \$40 renewal \$85 full training (if required)

To register visit <https://heart-wise-exercise.myshopify.com/products/ottawa-refresher-training-session-june-17th>

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>