

## Upcoming Training Opportunities:

1. **Functional Education for Dementia (FE4D):** Exercise has been shown to have numerous benefits for individuals with dementia. Students become proficient with tools, techniques and program models for teaching functional exercise in an individual or small group setting. **November 1<sup>st</sup>, 2019 from 9am-4pm in Napanee**
  - Contact [Anita](#) for registration details 613-304-4734 or register directly [here](#)
2. **Senior Fitness Instructor Certification Course:** 18 hour fast track, intensive course, for experienced fitness instructors wanting to become certified to teach older adults. **November 15<sup>th</sup>-17<sup>th</sup> at the Churchill Senior Recreation Centre.**
  - Register [here](#)

## Module Spotlight: Osteoarthritis

You may know that the provincial government has created a new **Health Quality Standard** for the treatment of Osteoarthritis. One of the key messages throughout this document for physicians and clinicians treating those with OA is to promote both specific neuromuscular exercise programming (this can be found in the [GLAD](#) program) and every day physical activity. To help get this same message out to fitness providers who will hopefully have more clients with OA coming to their program, Bone and Joint Canada has partnered with the University of Ottawa's Heart Wise Exercise program to create a new HWE training module. This 60 minutes module: **Osteoarthritis: Increasing Long-Term Participation in Physical Activity** is available to purchase either as a stand-alone session for \$15, or as part of your required renewal training along with two other modules for \$40. Please visit our [website](#) to purchase either option or email [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca) for more information.



### MODULE AGENDA

- |   |                                 |   |                                  |
|---|---------------------------------|---|----------------------------------|
| 1 | Arthritis Facts                 | 5 | Things to watch for...           |
| 2 | OA of the Hip and Knee          | 6 | Role of the Fitness Professional |
| 3 | Risk factors                    | 7 | Options and Resources            |
| 4 | Exercising with Hip and Knee OA |   |                                  |



# NOVEMBER 2019

**Heart Wise Exercise**  
**NEW!** 613-696-7387  
[heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca)  
[heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca)

## Welcome our newest HWE locations:

1. *The Glebe Centre Inc. at Abbotsford*
2. *Hydrathletics (Stitsville + Kingston)*
3. *Constance & Buckham's Bay Community Association*
4. *Boxing4Health*

## Community Paramedicine Program

The Community Paramedicine Program aims to improve the health status and overall quality of life of clients, families and caregivers. Community Paramedics improve client independence to help keep them at home longer if they desire. The program reduces the number of 911 calls and emergency room visits as well as helping to reduce the number of hospital admissions and decreasing lengths of hospital stays.

As part of your health team, community paramedics can...

- Perform medication reviews and consult with your physicians and/or pharmacist
- Provide health care information and education
- Perform home safety and fall prevention reviews, and suggest fall prevention strategies
- Assist with diabetes education
- Connect you with available community resources

7 DAYS A WEEK

8AM-6PM

(613) 580-2418

[communityparamedicine@ottawa.ca](mailto:communityparamedicine@ottawa.ca)



## Follow Us on Twitter!

**@HWExercise - Tweet at us and use the hashtag #HeartWiseExercise**

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