

## Ottawa Refresher:

We are planning a spring Ottawa Refresher training session for our local exercise leaders!

To determine the best time of day/day of the week for this training session please fill out the preliminary survey here:

<https://forms.gle/ATVcFmkhqa6JqK5U8>

*This workshop will qualify as a "Heart Wise Exercise Renewal" for existing HWE trained instructors, and can also be part of a new HWE Training session.*

## Ottawa Network Meeting:

It was great to see all of our HWE partners that came out to our meeting on February 14th, hosted by This Is Healthful Inc. Meeting highlights included a round table discussion, funding updates (no funds!), initiatives encouraging exercise and OA, information about Women's Heart Health and an update on refresher training. Do you want to know more? Send [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca) an email!



*Stay tuned for details about our next meeting.*

*If you are interested in hosting a meeting please email [heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca)*

## Join our team and support the University of Ottawa Heart Institute!

The University of Ottawa Heart Institute and the Heart Wise Exercise Program are once again inviting your clients and participants as well as patients, alumni, staff, families and friends to join us in the upcoming Ottawa Race Weekend on Saturday May 25! Team members will be supported by receiving training tips, a group warm up and company during the race if you choose. Choose from a 5 or 10 km run or walk.

### **Anyone can join! A great way to support the Heart Institute and Heart Wise Exercise!**

Register by visiting [Ottawa Race](#) Weekend, and select the University of Ottawa Heart Institute Foundation as your charity. Or follow the link you will find at [heartwise.ottawaheart.ca/Ottawa-race-weekend](http://heartwise.ottawaheart.ca/Ottawa-race-weekend). You can choose to fundraise for the Heart Institute as part of your participation but it is not required –we're just happy to have you as part of our team! Send us an email to be part of the team and to receive more information about the walk, health tips, and much more!

**All participants who raise \$25 will be given a Team Heart t-shirt from the Heart Institute Foundation!**

# APRIL 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 Ottawa location: *The Glebe Neighbourhood Activities Group*

GNAG has seven Heartwise instructors and 11 designated Heartwise classes in their Spring schedule. Funded in part by Ontario's Ministry of Sports, Recreation and Tourism, *Get Up & Go* enables GNAG to bring affordable, barrier free fitness classes to older adults in the community.

## HWE Story Corner: Manor Park



Although Valentine's Day was awhile ago, we wanted to share this heartwarming community story. Students from Manor Park's before and after school program made Valentine's Day Cards for the Heart Wise Exercise participants.

**It was a hit!**

*If you have a story you would like to share, please email us  
[heartwise@ottawaheart.ca](mailto:heartwise@ottawaheart.ca)!*

Follow Us on Twitter!

**@HWExercise**

Tweet at us and use the hashtag #HeartWiseExercise



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