

Heart Wise Exercise Workshop

"A closer look at meeting the exercise needs of your clients with chronic conditions"

The Heart Wise Exercise Training combines self-directed online learning with live in-person sessions that are designed to present best practice guidelines and create connections between health care practitioners and the fitness community. This training includes access to online modules in advance of an in-person workshop to teach additional content and answer any questions.

The content includes live sessions on these subjects:

- HWE program overview
- Practical session "Putting it all together"
- Exercise and the Cardiac Participant
- Exercise and Chronic Obstructive Pulmonary Disease (COPD)

All registrants will also be enrolled into these online modules:

- Intro to Cardiovascular Disease
- Intro to Coronary Interventions
- Diabetes and Exercise
- Exercise and Bone Health
- Exercise, Stroke, and TIA
- Health Canada AQHI
- Exercise and Cancer

When: Tuesday December 12th, 2017, 1pm to 4:30pm

Where: 140 Durham Street, Sudbury ON

Cost: \$89

For more information: contact Kendra Maclsaac kendra.maclsaac@sudbury.ymca.ca or heartwise@ottawaheart.ca

4PTS, FIS, OAS, 2 NWS **Canfitpro CECs**