

Here are 5 easy steps to help you **share** our promotional videos through social media:

1. Visit [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca).
2. Scroll down and select the video of your choice.
3. Copy the link that appears in the address bar at the top of your screen.
4. Open your social media page and paste the link in the "What's on your mind?" box.
5. Wait a few seconds and an image with a play arrow button will appear. You can delete the link and add your own message (the video image & play button will remain).



## New HWE modules coming soon!

We have partnered with Osteoporosis Canada and the Alzheimer Society to build 2 **NEW** online modules.

*Exercise and Dementia* as well as *Exercise and Bone Health* will soon be available as part of the HWE Training and the Refresher Training.

Interested in these modules? Contact us for further details  
[ksavard@ottawaheart.ca](mailto:ksavard@ottawaheart.ca)

## Next HWE Workshop

HWE is again partnering with the OSHF this fall. This training includes a 4 hour in-person workshop and access to online modules:

**London: September 29<sup>th</sup>**  
**Kingston: October 4<sup>th</sup>**

Visit our training pages on the HWE website for details  
[heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca)

## HWE Refresher Training

In order to stay current, we encourage our partners and fitness leaders in the community to renew their designation every 2 years. Our refresher training includes the *Introduction to HWE* module and 2 other online modules.

You can pick any modules from this list!

- *Exercise and the Cardiac Participant*
- *Fitness Leader Perspective*
- *Diabetes and Exercise*
- *Exercise and Bone Health*
- *Exercise, Stroke and TIA*
- *Exercise and COPD*
- *Cardiac Interventions*
- *Health Canada AQHI*
- *Exercise and Dementia (coming soon!)*
- *Exercise and Osteoporosis (coming soon!)*

## Next HWE Network Meeting

Join us for our next HWE Network meeting this fall!  
Please complete this [Doodle](#) with your availability and send us suggestions for a meeting location.

*All are welcome!*

## Terms and Conditions

It's time to renew your Terms and Conditions to obtain the HWE designation!

For those interested in our newly updated T&C 2016-2018 or wanting more details, please contact us.

[ksavard@ottawaheart.ca](mailto:ksavard@ottawaheart.ca)