

Heart Wise Exercise Training Program

"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 (where available) that are designed to present best practice guidelines and create connections between health care practitioners and the fitness community. The Training Program includes an optional exam at the completion of training. Experts are available (in-person or by email) to answer any questions.

The content includes:

- HWE program overview
- Introduction to CVD
- Introduction to coronary interventions
- Exercise and the cardiac participant
- Diabetes and Exercise
- Exercise and bone health
- Exercise, Stroke and TIA
- Exercise and COPD
- Health Canada AQHI

**** 3 New Modules coming soon! Exercise and Dementia, Exercise and Osteoarthritis and Exercise and Cancer**

Cost: \$89.00 (pay by invoice, cheque or cash (in-person only))

For more information: heartwise@ottawaheart.ca or visit heartwise.ottawaheart.ca/locations/ottawa/training

YMCA and CanFit Pro Continuing Education Credits available:
4 External **YMCA CEC's**
4PTS, FIS, OAS, 2 NWS **Canfitpro CECs**