



HER HEART MATTERS
WEAR RED CANADA • FEB 13

How to Register for Women@Heart Peer Support Program

Online
Registration

- <https://cwhhc.ottawaheart.ca/virtual-groups>

By phone

- 613-696-7071

By email

- womensupport@ottawaheart.ca



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RESOURCES

- **Canadian Women's Heart Health Centre: Yourheart.ca**
 - Risks and Symptoms of Heart Disease Infographics
 - Questions to ask your healthcare provider
 - Become a Community Advocate
 - Women@Heart-<https://cwhhc.ottawaheart.ca/programs-and-services/womenheart-program>
- **Canadian Women's Heart Health Alliance: CWHHA.ca**
- **University of Ottawa Heart Institute: Ottawaheart.ca**
- **Heartwise webinars: pwc.ottawaheart.ca- FREE**
- **Wear Red Canada: <https://wearredcanada.ca/>**





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HELPFUL TIPS

- Kathleen Turner- Registered Dietitian at the UOHI – links to healthy eating
<https://www.ottawaheart.ca/patients-visitors/tools-and-resources/living-well-heart-disease/healthy-eating>
- **Canada's Food Guide Snapshot (different languages)**
- <https://cwhhc.ottawaheart.ca/national-alliance/projects-and-initiatives/canadian-womens-peer-support-heart-hub>
- <https://cwhhc.ottawaheart.ca/womens-heart-health-multilingual-resources>
- <https://www.ottawaheart.ca/document/10-tips-emotional-health>
- <https://www.ottawaheart.ca/document/top-10-tips-exercise>
- <https://www.ottawaheart.ca/document/top-10-tips-healthy-eating>
- <https://www.ottawaheart.ca/document/top-10-tips-managing-stress>

