

# INFORMATION SESSIONS

Welcome! Information session dates are listed on the calendar. You are welcome to attend sessions more than once, or make up ones that you may have missed. Friends and family are encouraged to attend.

- **WHEN:** **Tuesdays, 08:30 – 9:30**
- **WHERE:** **ZOOM Webinar**

## ☐ **Goal Setting and Action Planning – *How to get started?***

The hardest thing to do is to get started working towards a goal. In this presentation, we will give you some tools and recommendations to start moving towards a healthier you. These tools will be discussed and applied to exercise, but are able to be used for any lifestyle behavior change that you want to achieve.

## ☐ **Heart and Artery Disease – *What's Going On?***

What is heart and artery disease and what causes it? What does it mean to have a heart attack, stroke, or peripheral artery disease? What are the symptoms to look for? We will discuss all these topics... and share information about vascular disease.

## ☐ **Exercise and Your Heart**

Wondering where to start, or what to do next? This session will discuss everything exercise and how to get the most out of the time we spend on our physical fitness. We will discuss daily activity, review some tips, and go over guidelines for how to exercise safely and effectively.

## ☐ **The Inside Story – *All about Tests and Procedures***

Do you have questions about tests or procedures you have had or are going to have? Would you like to learn more about the process of diagnosis of cardiovascular disease? If so, this session is for you! Angiograms, MUGA, Stress tests, echocardiogram, angioplasty, coronary artery bypass surgery and much more will be discussed.

## ☐ **Dietary Sodium – *All about Salt***

Here's your chance to learn more about sodium. Where do we get it? What does it do? How is it a health risk? How does sodium affect our blood pressure? You will also learn about the recommendation for sodium intake and how to reduce how much sodium you eat. We will discuss many practical tips for buying and preparing lower sodium foods, including some simple suggestions for meal makeovers.

☐ **Medications and Your Heart**

Medications can be a big part of maintaining and improving health. This session will cover answers to questions such as: What are these pills for, why do I need them, and how can I deal with the challenges I have in taking them? This is a pre-recorded session provided by a pharmacist and a registered nurse will be available during the session to answer any questions.

☐ **Positive Coping with Health Conditions #1 and #2**

This is a two part series focusing on how our mental health is impacted by physical health conditions such as heart and vascular disease. Tools and strategies to improve coping and overall functioning will be introduced as well as resources and service options for further learning and support.

☐ **Heart Healthy Eating**

How do you manage your cholesterol and blood pressure while still enjoying good food? Do you need an “oil change” or should you be adding some “fibre to your fuel”? We will also cover food labels and more! Find out what you need to know to make informed, heart-smart decisions with our dietitian.

☐ **Atrial Fibrillation and Heart Devices:**      *Let's talk Rhythm*

We will discuss Atrial Fibrillation: what it means, how to recognize it, and tips to manage your health. We will also chat about “heart devices” such as pacemakers that support heart function and keep things in sync.

☐ **Keep on Trucking**

This is a great session for those just starting to exercise as well as those working on maintaining an exercise plan. We will discuss tips and tools that will help you to “keep on trucking with lifelong exercise. There will also be a recap of goal setting and action planning as well as a brief overview of wearables and APP's that can be used to keep you on track and support your exercise plan.