

# 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 or 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 Disease – *What’s Going On?***

What **are** we talking about? What is 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 fitness and how to get the most out of our exercise time. We will discuss weight loss and 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! We try to answer your all of your questions, and also learn from your experience. Angiograms, MUGA, Stress tests, echocardiogram, angioplasty, coronary artery bypass surgery and much more will be discussed.

**Dietary Sodium - *Shaking the Habit***

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 fact of life to maintain and improve 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 Part 1**

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”? This is a great opportunity to talk about food and nutrition with a registered dietitian.

 **Heart Healthy Eating Part 2 – *Food Labels and more!***

Are you confused about what to put in your grocery cart? Reading and understanding food labels is an important step in making healthier choices. Find out what you need to know to make informed, heart-smart decisions!

 **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 based support.