

Newly Scheduled Seminars

Winter-Spring 2017

Heart Wise Exercise

"Meeting the Needs of Your Clients with a Chronic Health Condition"

*Registration for these sessions has now **closed**.
Watch for a new round of Heart Wise seminars in August 2017.*



OSHF is pleased to continue its partnership with [Heart Wise Exercise](#) and the [University of Ottawa Heart Institute](#) to offer specialized professional development on the fundamentals of exercise and chronic disease. Supplemented by online learning, training seminars will be hosted at locations across Ontario to help allied health and fitness practitioners better meet the physical activity needs of individuals with chronic conditions.

CCAA 1 PDC · CSEP 10 PDC · CALA 4 CEC ·
canfitpro 4 PTS, FIS, OAS · OFC 8 CEC · YMCA 4 CEC**

About Heart Wise

Heart Wise Exercise (HWE) was created by the University of Ottawa Heart Institute in response to overwhelming evidence supporting the 'exercise as medicine' concept. HWE works with community physical activity providers to designate facilities and programs where individuals can exercise regularly to manage or limit the effects of a chronic health condition. HWE offers training for fitness and related health professionals to assist in the delivery of such programs and to communicate recommendations for safe, heart-healthy exercise.

To learn more about HWE visit heartwise.ottawaheart.ca or [download the Resource Guide](#).

Training Overview

This educational opportunity combines self-directed online learning with live interactive sessions that are designed to present best practice guidelines and create connections between practitioners. **The training is comprised of three components:** several short e-modules, on-site group seminar, and online examination. Participants who successfully challenge the exam will be provided with a certificate to indicate their completion of the training.**

Topics addressed by the e-modules and workshop include:

- HWE program overview*
- Cardiac interventions*
- Exercise and the cardiac participant*
- Diabetes and exercise*
- Exercise and bone health*
- Non-disabling stroke/TIA*
- Exercise and COPD*

Note that in order to receive any allotted continuing education credits from their certifying body (i.e. CSEP, OFC, canfitpro, YMCA) the participant **must complete the Heart Wise exam.

Schedule & Registration

Registration includes e-module access, selected in-person workshop, and online exam. Fees subject to applicable HST.

Friday March 10, 2017

Ottawa, Ontario

12:30 - 4:30pm

[EVENT FLYER](#)

University of Ottawa Heart Institute

40 Ruskin Street

Foustanelas Auditorium → 2nd Floor

[MORE INFO](#)

OSHF Members: \$79.00*

» [LOG IN TO REGISTER](#)

Non-Members: \$89.00*

» [REGISTER HERE](#)

**Early bird pricing in effect until March 1st*



Friday April 7, 2017

Toronto, Ontario

12:30 - 4:30pm

[EVENT FLYER](#)

Toronto Rehab Rumsey Centre (Cardiac)

347 Rumsey Road

Auditorium → 2nd Floor

[MORE INFO](#)

OSHF Members: \$79.00*

» [LOG IN TO REGISTER](#)

Non-Members: \$89.00*

» [REGISTER HERE](#)

**Early bird pricing in effect until March 29th*



Cancellations

Cancellations are subject to a \$15 administration fee. Cancellations will be accepted in writing until 7 days prior to a participant's selected workshop. No refunds are available following the cut-off date.

Questions?

Contact OSHF Membership Services at (888) 990-9404 or membership@oshf.ca.