



# UOHI Cardiac Rehab Graduation Resources

## Heart Wise Exercise

- Exercise programs in the community led by instructors trained by UOHI staff.
- Available online and in-person (as health measures allow). Free and paid options.
- Visit [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca) to learn more and find a location near you.

## Heartwise Webinars

- A series of free webinars hosted by the UOHI on a variety of heart-healthy topics.
- Join in on the last Friday of every month for an exercise class suitable for all.
- Visit [pwc.ottawaheart.ca/education/heartwise-webinars](http://pwc.ottawaheart.ca/education/heartwise-webinars) . Sign up to receive regular emails.

## Resource Webpage

- Our resource webpage has all the useful digital information from your cardiac rehab program, including guides and weblinks related to nutrition, exercise, mental health and other heart healthy information. [pwc.ottawaheart.ca/resources/covid-19](http://pwc.ottawaheart.ca/resources/covid-19)

## Graduate Virtual Platform

- As a graduate of any of our cardiac rehab programs you are eligible to join our graduate Virtual Platform for free
- This virtual platform gives you access to tools to help you track your health behaviours and risk factors, learn more about upcoming events, access heart health information and more.
- To register please send an email to [virtualcare@ottawaheart.ca](mailto:virtualcare@ottawaheart.ca)

## Heartwise Exercise Application

- Designed for cardiac rehab graduates or anyone looking to start an exercise program.
- This FREE web-based application can be used on a phone, tablet or computer.
- Provides personal daily exercise prescription and a place for you to log your exercise.
- Visit [heartwiseapp.ottawaheart.ca](http://heartwiseapp.ottawaheart.ca)

## Women@Heart

- Led by women with heart disease, this FREE peer support program virtually or in-person (as public health measures allow)
- For more information and to register, visit [Virtual Groups | University of Ottawa Heart Institute Prevention & Wellness Centre](http://Virtual Groups | University of Ottawa Heart Institute Prevention & Wellness Centre)

## Patient Support Groups and Classes

- Find information about these additional support groups on our [website](#):
  - o Implantable Cardioverter Defibrillator (ICD) Support Group
  - o Ottawa Heart Support Group, Ottawa Heart Institute Patient Alumni
- Check out any of the Heart Institute's educational classes – even if you've already attended in the past. Visit: [ottawaheart.ca/patients-visitors/tools-resources/classes](http://ottawaheart.ca/patients-visitors/tools-resources/classes)