

## Faculty

**Michelle Johnson**, R.Ph., B.Sc.Phm Michelle is the Clinical Leader of Trillium Health Centre's Cardiac Wellness and Rehabilitation Centre. 10 years of cardiac rehab experience, she started as a pharmacist and case manager and assisted in designing Trillium's program as part of the Ontario Cardiac Rehab Pilot Project in 2001. Michelle currently sits on the Board of Directors of the Canadian Association of Cardiac Rehabilitation and the Cardiac Rehabilitation Network of Ontario.

**Barbara Kennedy**, MA., BEd., BPHE. Executive Director, Cardiac Health Foundation of Canada.

**Mireille Landry**, Reg. Physiotherapist, BScPT, MSc, CDE. Mireille is the Exercise Coordinator for the Women's Cardiovascular Health Initiative at Women's College Hospital, a cardiac rehabilitation program for women. She holds a certificate in Sport Physiotherapy and is a Certified Diabetes Educator. She holds a Lecturer Status at the Department of Physical Therapy at the University of Toronto and is the Chair of the Ontario Section of Sport.

**Judy Murray**, MScPT. Judy has had experience promoting mobility and function in elderly patients. In 2004, she became an advocate for "self-management" and is leading the shift towards chronic disease self-management and prevention with the Central LHIN and MOHLTC Diabetes Strategy. As Coordinator of the District Stroke Centre at York Central Hospital, Judy is leading the Aging at Home Stroke Prevention Strategy in the C LHIN. Judy's passion is to assist professionals and patients to learn skills to foster quality of life despite chronic disease.

**Chris Olynyk**. Chris is currently the Commander of Community Safeguard Services at Toronto Emergency Medical Services. He has been with Toronto EMS for almost 30 years, starting his career as a primary care paramedic and with upgrade training became an advanced care paramedic. Chris has worked in the education and development unit, training advanced care paramedics. During SARS, he was the project manager

of the Provincial Transfer Authorization Centre and tasked with the creation of a web based application to authorize transports to prevent the spread of infectious diseases namely SARS. Chris has managed the education development unit and been the project manager for the Patient Distribution System.

**Jennifer Price**, RN, BNSc, MScN, ACNP, CCN(C), PhD(c) Jennifer is part the Women's Cardiovascular Health Initiative at Women's College Hospital, a cardiac rehabilitation program for women. She is currently a PhD candidate in the Faculty of Nursing at the University of Toronto and has a Doctoral Nursing Fellowship from the Heart & Stroke Foundation. Her research focus is in the area of women and heart disease and cardiac rehabilitation (CR).

**Paul Sawyer**, BPHE, ASCM: PD. Paul is the Toronto Director of Heart Wise Exercise Program. He started the Cardiovascular Prevention and Rehabilitation Program at Lakeridge Health. He spent a number of years in the cardiac department of the Toronto Rehabilitation Center. He is the Founder/CEO of Chronic Health Matters and a director for the Cardiac Health Foundation of Canada.

**Valerie Skeffington**, BPHE, CSEP Certified Exercise Physiologist®. Valerie has experience in the fitness industry and high performance sport training and rehabilitation. Over the last ten she been with the Toronto Rehabilitation Institute's Cardiac Rehabilitation and Secondary Prevention Program working in the Human Performance Labs and is now the Coordinator for the Cardiac Rehab @ Home program and interim clinical coordinator.

For Registration and Information:

Call (416) 730-8299 or email

[heartwise.paul@cardiachealth.ca](mailto:heartwise.paul@cardiachealth.ca)

This initiative is supported by the  
Ontario Trillium Foundation



# Heart Wise Exercise Programs

Attract customers  
with or at risk of

## VASCULAR DISEASE



**January 16, 2012**

**8:30 am – 3:30 pm**

**Wallace Emerson Community Centre**

1260 Dufferin St. Toronto ON M6H 4C3

(on Dufferin, south of Dupont)

**(Parking beside McDonalds)**



# Exercise To “Defeat Vascular Disease” A Closer Look

This full-day workshop is intended to provide an in-depth look at the cardiovascular client and to become a **partner** as a facility with a **Heart Wise Exercise Program** designation. Advertising the Heart Wise Exercise Program logo attracts those with or at risk of cardiovascular disease, to find out about and participate in, designated programs at your facility.

As the population lives longer and survival rates continue to improve, there is an increasing prevalence of individuals in our communities who live with and want to prevent cardiovascular and chronic disease. Exercise is an important component for their prevention, recovery, and ongoing health. There are a variety of physical activity programs and resources in our communities that meet the physical activity needs of this growing sector.

Participants in this workshop will achieve the following learning objectives:

- ✓ Understand cardiac and cardiopulmonary exercise tests and procedures.
- ✓ Understand current interventions offered to cardiovascular clients.
- ✓ Gain more insight into exercise prescription for the cardiovascular and chronic disease customer.
- ✓ Become aware of the current recommendations for exercising with diabetes and cardiovascular disease.
- ✓ Recognize and address the needs of the cardiovascular population.
- ✓ Learn about the Heart Wise Exercise Program, an exciting new step for Cardiovascular Prevention Programs in the community.
- ✓ Become a **partner** displaying the Heart Wise Exercise Program logo.



This workshop will utilize both lecture style and a practical approach including case studies and sharing of experiences. Presenters will also be available for informal discussions at break times. In addition, there will be an option for follow-up observational visits to a Cardiovascular Prevention and Rehabilitation Program.

There is no cost for this workshop.

Please bring your own lunch.

8:30 – 8:45	Welcome
8:45 – 9:45	Cardiovascular Prevention and Chronic Disease Management
9:45 – 10:15	Break and Network
10:15 – 11:00	Exercise Prescription & Strength Training
11:00 – 11:30	Medications: Cardiac and cholesterol
11:30 – 12:00	Q and A
12:00 – 12:45	Lunch
12:45 – 1:15	Diabetes and Exercise
1:15 – 1:45	Shortness of Breath
1:45 – 2:15	Toronto EMS
2:15 – 2:30	Break
2:45 – 3:00	TIA and Prevention
3:00 – 3:30	Heart Wise Exercise Programs in the community
3:30 – 3:45	Q and A, Closing