



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



PATIENT ALUMNI  
ASSOCIATION DES  
ANCIENS PATIENTS

[Le français suit](#)



**Meet the Expert October 21<sup>st</sup>, 2025**

**When being diagnosed with Diabetes:**

- How to take care of yourself
- Tips for sticking with your changes

**Mark Your Calendar**

The Patient Alumni Board of Directors and the Rehab team from the **Ottawa Heart Institute** are inviting you to a **“Meet the Expert”** event in collaboration with the **Gloucester 50+ Centre**.

**Our Presenter: Tatiana Fleurima, RN, MScN, CCN (C) Advance Practice Nurse-Diabetes\* Clinical Services\* at the Ottawa Heart Institute**

Please **register as we have only 50 spots available**. Click on the registration button below and **include the amount of people attending**.

**Refreshments will be served**