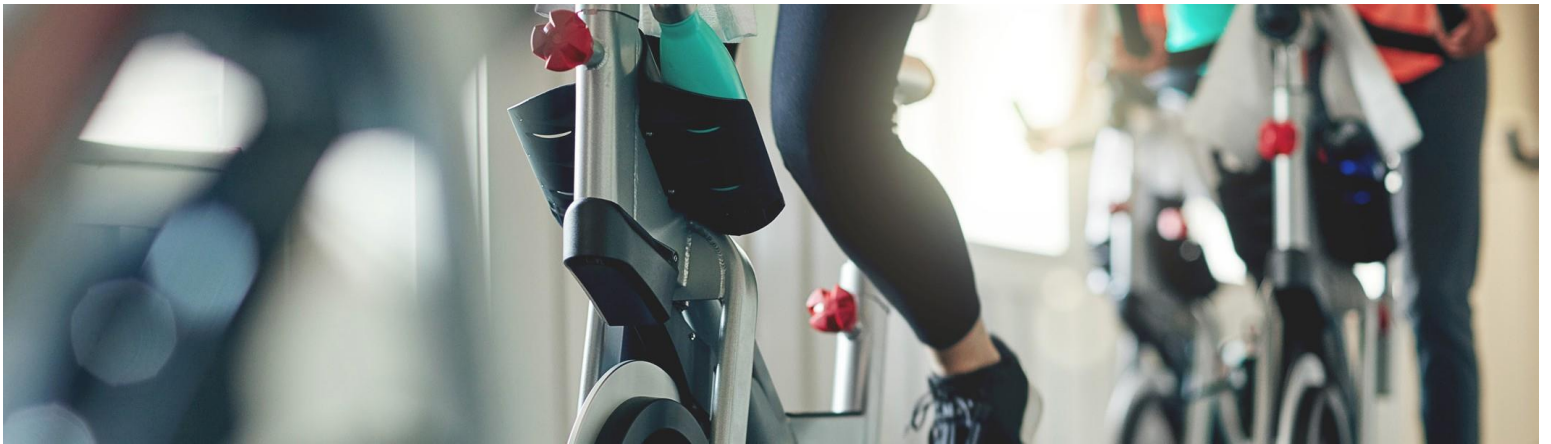


Living with Persistent or Permanent **ATRIAL FIBRILLATION?**

Interested in exercise and your health?

JOIN OUR PHYSICAL ACTIVITY STUDY!



This is a randomized trial comparing the effectiveness of different exercise programs on fitness and well being in people living with atrial fibrillation. Participants (aged 40+) will have basic health measures taken, undergo physical activity tests and complete questionnaires.

Participants will then be randomly placed into one of two 12-week physical activity programs or standard care. The exercise sessions will be free of charge and conducted at the University of Ottawa Heart Institute.

To learn more, please contact the Research Coordinator:

 mmistura@ottawaheart.ca

 **613-696-7000 x15944**

Note: This research study has been approved by the Ottawa Health Sciences Network Research Ethics Board

