



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

CANADIAN WOMEN'S
HEART
HEALTH CENTRE

Cardiovascular Disease affects 1 in 3 women. The **Women@Heart Program** is there to support every one of them.

The **Women@Heart Program** is a peer support program led by women with heart disease, for women with heart disease that aims to create a caring environment for women to learn from each other.

The **Women@Heart Program** will provide women with heart disease, in every community, with access to emotional support, educational support and a caring environment for a better recovery after a cardiac event.

Peer leaders of the **Women@Heart Program** can help participants:

- Reduce the risk of isolation and promote coping strategies
- Better understand their condition
- Be empowered to take charge of their heart health

If you're interested in participating or in becoming a peer leader, contact us to get involved at **613-798-5555 ext. 10412**

