



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 are interested in participating in a support group, please contact us at **613-696-7071** or email **womensupport@ottawaheart.ca**.

