



Overview of the Women@Heart Sessions

Participants tackle the most common myths and misperceptions of heart disease and gender differences, plus discuss treatments, symptoms, and diagnosis of heart disease.	Recurrence	Session	Topic	Description
Disease discuss treatments, symptoms, and diagnosis of heart disease. Participants write their heart disease story and share their personal journey with each other. Participants will also learn about the emotional and physical road to recovery. Participants explore the most common emotions of surviving a heart incident, including sadness, anger and frustration, in addition to learning the most effective ways of coping with change. Building on session 3, participants gain specific tools to best manage their emotions, including relaxation techniques, positive thinking, and effective communication strategies. Participants receive their personalized Risk Factor Profile, and a road map to identify the health strategies that will have the most positive impact on their health. Participants will engage in discussion on key tips to improve their risk factors. Participants learn about how to remain motivated, tackling issues such as confidence, activation and decisional balance. Participants also learn about goal setting and creating an action plan to manage their risk factors and maintain a heart healthy lifestyle. Participants will discuss the barriers they encounter to making healthy changes and learn to problem-solve challenges and triggers in their everyday lives. Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover				Participants tackle the most common myths and
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Weekly Sessions 4 Managing Emotions Manage your Heart Disease Risk 6 Activate Yourself for Health Health Bi-Weekly Sessions Bi-Weekly Sessions 7 Problem Solving Sessions A Your Emotions and Heart Disease Briticipants explore the most common emotions of surviving a heart incident, including sadness, anger and frustration, in addition to learning the most effective ways of coping with change. Building on session 3, participants gain specific tools to best manage their emotions, including relaxation techniques, positive thinking, and effective communication strategies. Participants receive their personalized Risk Factor Profile, and a road map to identify the health strategies that will have the most positive impact on their health. Participants will engage in discussion on key tips to improve their risk factors. Participants learn about how to remain motivated, tackling issues such as confidence, activation and decisional balance. Participants also learn about goal setting and creating an action plan to manage their risk factors and maintain a heart healthy lifestyle. Participants will discuss the barriers they encounter to making healthy changes and learn to problem-solve challenges and triggers in their everyday lives. Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover		2	Road to Recovery	personal journey with each other. Participants will also learn
Weekly Sessions 4 Managing Emotions Manage your Heart Disease Risk 6 Activate Yourself for Health Health Bi-Weekly Sessions Bi-Weekly Sessions 7 Problem Solving Sessions A Manage your Bi-Weekly Sessions 8 The Slippery Slope A Manage your Bi-Weekly Sessions A Manage your Bi-Weekly Sessions Building on session 3, participants gain specific tools to best manage their emotions, including relaxation techniques, positive thinking, and effective communication strategies. Participants receive their personalized Risk Factor Profile, and a road map to identify the health strategies that will have the most positive impact on their health. Participants will engage in discussion on key tips to improve their risk factors. Participants learn about how to remain motivated, tackling issues such as confidence, activation and decisional balance. Participants also learn about goal setting and creating an action plan to manage their risk factors and maintain a heart healthy lifestyle. Participants will discuss the barriers they encounter to making healthy changes and learn to problem-solve challenges and triggers in their everyday lives. Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover				about the emotional and physical road to recovery.
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Sessions Skills triggers in their everyday lives. Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover				Participants will discuss the barriers they encounter to making
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Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover	Sessions		Skills	triggers in their everyday lives.
fire a figure of the fire and the fire of		8	The Slippery Slope	and how to build effective strategies to prevent or recover
of Lifestyle Change from relapses, including dealing with negative self-talk.			of Lifestyle Change	from relapses, including dealing with negative self-talk.
Participants learn how to navigate the community resources				Participants learn how to navigate the community resources
9 Becoming an available to them and work with their health care team to		9	Becoming an	available to them and work with their health care team to
Empowered Patient better manage their condition and risk factors.			Empowered Patient	better manage their condition and risk factors.
Participants look back over the 9 sessions and tie together the				Participants look back over the 9 sessions and tie together the
10 The Journey goes most important skills and tools to move confidently into the		10	The Journey goes	most important skills and tools to move confidently into the
on future.			on	future.