



SisterMATCH

Women **Heart**
The National
Coalition for Women
with Heart Disease

**Are you a
woman heart patient
looking for support?**

**Someone like you,
who is on the
same journey
to live well
with heart disease?**

**If so, then WomenHeart
and SisterMatch
can help!**

SisterMatch is a peer-to-peer support opportunity for women living with heart disease.

After being diagnosed with heart disease, many women experience feelings of isolation and depression. Being able to talk to someone “who’s been there” can make a difference in emotional recovery.

Through SisterMatch, women connect one-on-one with a *WomenHeart Champion* volunteer who can provide needed support over the phone, in person, or via email, at a time convenient to both parties.

Talking with someone like you, who has had similar experiences, can provide support and encouragement. Through this peer connection, you will learn how to deal with new thoughts and feelings in ways that written information, cardiac rehabilitation, and other recovery services may not achieve, adding to your sense of hope, well-being and healing.

The match process centers on connecting participants with the *WomenHeart Champion* who best fits the responses provided in the SisterMatch questionnaire. *WomenHeart Champions* are women heart patient volunteers trained through WomenHeart’s Science & Leadership Symposium to provide peer support to other women living with heart disease.

To be matched with a *WomenHeart Champion* SisterMatch, complete the SisterMatch questionnaire at www.womenheart.org.

**Questions? Contact Samantha Griffin at
sgriffin@womenheart.org or 202-728-7199.**



SisterMATCH



"I've exchanged emails with my SisterMatch about ten times... I've learned that we have so much in common with the same diagnosis, closeness in age, kids, family, etc. She seems like such a great person. She's really upbeat and positive. I enjoy our emails and I truly enjoy feeling like I'm helping someone. I've learned that reaching out to someone else who is dealing with heart disease can make me feel better about myself... It is very humbling to be able to help someone going through this."

– Tonya,
WomenHeart Champion

SisterMatch relationships help in ways that written information, cardiac rehabilitation, and other recovery services may not achieve – leading to an increased sense of hope, well-being and healing.

Are you a woman living with heart disease who would like to be connected to another woman heart patient for support?

Sign up for SisterMatch at <http://www.womenheart.org/SisterMatch>, and connect with a *WomenHeart Champion* today!

Want to sponsor a SisterMatch?

Donate \$10 to support training *WomenHeart Champions* to be great SisterMatch volunteers. Your gift will provide opportunities for hope and connection for women heart patients.



www.womenheart.org

To make a donation, please send to: WomenHeart: The National Coalition for Women with Heart Disease, Dept. #4001 Washington, DC 20042-4001