

HeartScarves

A patient support program



Do you knit or crochet?

Do you want to use your talent to help women living with heart disease?

Volunteer for HeartScarves!

Crafted with care

Made from the hearts and hands of the community, HeartScarves are a symbol of the lifelines of caring and support that exist among us.

Distributed in hospitals and at WomenHeart Support Network meetings throughout the country, each handmade red scarf offers comfort, support, and encouragement for a woman with heart disease, and becomes part of her healing journey.

Since its founding by two women heart disease survivors in 2005, thousands of HeartScarves have found their way to women heart patients, thanks to volunteers like *you!*

Did you know?

Crafting, such as knitting and crocheting, is a great source of stress relief, and effective in managing stress and depression. Stress is a major contributing factor to heart disease, and managing it is part of an effective overall preventive health plan.

How to Volunteer

- Knit or crochet a solid red scarf. Use any type of yarn and pattern of your choosing.
- Download and print a note card from womenheart.org/heartsarves, which you can personalize and attach to the scarf.
- Mail your scarf to:
WomenHeart HeartScarves Project
c/o Big Show Product Fulfillment
1525 Gin Rd
Gold Hill, NC 28071
- HeartScarves are sanitized and packaged with your personal note, then distributed by a trained *WomenHeart Champion*, a woman living with heart disease, who volunteers to visit patients at one of our partner hospitals.

More Information

Visit womenheart.org/heartsarves or
Contact patientsupport@womenheart.org

Hearts Scarved

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"I've had 13 heart surgeries trying to get my life back. My brother died of a widow-maker heart attack when he was 36. I was 35 when I received my first pacemaker. I received my HeartScarf from our WomenHeart Support Network Coordinator the day before my first pacemaker was installed. Standing before me in my hospital room was Lisa, a happy, vivacious, beautiful lady who came to support me and deliver my scarf. Lisa is the one percent of people who survive a widow-maker heart attack and it couldn't have been more fitting that she arrived that day to see me, as a visual reminder that she survived what killed my brother.

I went into my surgery full of hope and promise, and cried the first time I stood up, because I couldn't even walk when I met Lisa. WomenHeart provides survivors a way to connect with people who understand what we are going through and help us overcome our obstacles!"

- Jenny, heart patient



www.womenheart.org