



**FOR IMMEDIATE RELEASE**

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**WomenHeart Trains New Class of 2018 WomenHeart Champions**

*Heart disease survivors learn how to educate their local communities about heart disease.*

**Washington, D.C., Oct. 9**—WomenHeart: The National Coalition for Women with Heart Disease trains nearly 50 women living with heart disease at the 17<sup>th</sup> annual WomenHeart Science & Leadership Symposium (S&L), located at the world-renowned Mayo Clinic in Rochester, Minn. This distinctive conference prepares women to become *WomenHeart Champions*, a group of more than 800 volunteers throughout the country who educate others about heart disease, the #1 killer of women.

“What an incredible group of women,” says Evan McCabe, RN, MN, *WomenHeart Champion* and WomenHeart Board Chair. “Our 2018 class of *WomenHeart Champions* come from all walks of life—each have a powerful story about their battles with heart disease. These women exemplify courage and resiliency, we’re happy to welcome them into our WomenHeart family.”

The 2018 class of *WomenHeart Champions* is one of the largest and most diverse classes to date. This year’s class of women hail from 18 states and range in ages from 26 to 74. The four-day symposium is led by Mayo Clinic’s world-class cardiologists, as well as experts in health policy, advocacy, and communications. Trainees, who are all women heart disease survivors are taught how to increase awareness about heart disease in women, run support groups, and learn about lifestyle, diet, and meditative techniques to reduce stress.

“*WomenHeart Champions* give back to other women heart disease survivors in their communities through community education, advocacy, and social and emotional support,” added McCabe. “Those who have chosen to become Support Network Coordinators lead monthly support meetings, the only peer-led support groups in the nation for women with heart disease.”

The WomenHeart Science & Leadership Symposium began in 2002 as the nation’s only volunteer program training women to support other women heart patients and lead the fight against heart disease. The fall 2018 WomenHeart Science & Leadership Symposium is sponsored by Burlington Stores, Gilead, BMS-Pfizer, AstraZeneca, Novartis, Abbott, and Boston Scientific Close the Gap, with donated facility from the Mayo Clinic in Rochester, Minnesota.

See the complete list of the [fall 2018 WomenHeart Champions here](#).

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**About WomenHeart: The National Coalition for Women with Heart Disease**

*WomenHeart: The National Coalition for Women with Heart Disease is the nation's only patient centered organization serving the nearly 48 million American women living with or at risk for heart disease—the leading cause of death in women. Visit us online at [womenheart.org](http://womenheart.org).*