

TAKE CHARGE OF YOUR HEART HEALTH!

Your Category:

- Woman with heart disease
- Healthcare professional
- Family member/friend
- Women's health advocate
- Corporate/business
- Other

I would like more information about the following WomenHeart programs and activities:

- Coordinate/lead a Support Network
- Join a Support Network
- Speak to community groups
- Attend an educational program or event
- Fundraising
- Advocate for policy changes
- Other

Donation

Through contributions from generous donors, WomenHeart provides free support services and educational programs to women.

- I would like to make a tax-deductible donation to support WomenHeart.
- \$500 \$250 \$100 \$50 Other

Please make check payable to WomenHeart and enclose it with this form:

WomenHeart
1100 17th Street, NW – Suite 500
Washington, DC 20036

VISIT US ONLINE AT:
www.womenheart.org

Join Us: Womenheart Society:
www.womenheart.org/society

Please complete other side

Our Mission

To improve the health and quality of life of women living with or at risk for heart disease, and to advocate for their benefit.

Our Message

Prevention and early detection, accurate diagnosis and proper treatment should be accessible to all women.

The Heart of WomenHeart

At the heart of our organization are *WomenHeart Champions*—WomenHeart's national corps of trained community educators, spokespersons and advocates. *WomenHeart Champions* are women living with heart disease who use their voice and personal stories to help women take control of their heart health.

“ Now that I'm involved with WomenHeart, I don't feel so alone. I found heart sisters who understand what it's like to survive a heart attack. WomenHeart empowered me to speak out about the risk factors of heart disease in women. My mission is to help save the lives of other women. ”



Debra, age 52

WomenHeart offers a wide variety of programs and services to support women's heart health.

Patient Support Services support groups led by volunteer Support Network Coordinators in local communities, hospitals and online; community educators are the 'boots on the ground' and provide community outreach and education.

WomenHeart Science & Leadership Symposium at Mayo Clinic trains WomenHeart patients selected through a competitive application process... public speaking, community outreach strategies and how to become an effective WomenHeart Support Network Coordinator and Community Educator. Science & Leadership Symposium graduates join WomenHeart's national patient speakers bureau.

Advocacy Institute trains women heart patients in legislative advocacy skills and policy briefings, and culminates with Capitol Hill visits to Senate and House offices.

Red Bag of Courage® provides educational information, coupons and products to help women take charge of their heart health. 100,000 Red Bags of Courage® are distributed through *WomenHeart Champions*, support networks, women's heart centers, physician offices, and partner organizations every year.

Educational Events include workshops, lectures, webinars, congressional briefings and special programs for women heart patients.

Heart to Heart Monthly E-Newsletter is free and contains heart health articles, organization news, and links to news and research updates.

Online Store stocks publications, brochures, and book titles related to women and heart disease, as well as WomenHeart branded items, The Heart Truth® Red Dress pins, and gifts.

PSA Campaigns are featured in print and broadcast media including radio, newspapers and magazines.

WomenHeart
The National
Coalition for Women
with Heart Disease

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The National Coalition for
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**Woman to Woman
Heart to Heart**

Heart disease is the number one killer of women.

That's why **WomenHeart** is here: to make sure that every woman receives information, education and support to live a heart healthy life.



As the leading voice for the millions of American women living with or at risk of heart disease, WomenHeart is the only national patient-centered organization dedicated to promoting women's heart health through advocacy, community education and patient support.

WomenHeart is a community that includes women heart patients and their families, health care professionals, advocates and partners nationwide. We are united by one common goal: to help women live heart healthy lives.

Since its inception, WomenHeart has been at the forefront of advocating for women with heart disease. Founded in 1999 by three women heart attack survivors, the founders transformed the isolation, confusion and ignorance about women's heart disease into a rallying call to save women's lives. Today, WomenHeart is leading a national movement to make women's heart health a priority.

What We Do

WomenHeart's three main focus areas include:

Patient Support Services

We understand the fear and isolation that often come with a diagnosis of heart disease. We also know that emotional and peer support is vitally important to a patient's recovery. Through our network of support groups, which offer monthly meetings for women heart patients across the country, and our support services, women form a special bond and can freely share information and stories of hope and survival.

Community Education

WomenHeart provides a platform for members to spread the common message of prevention and early detection, accurate diagnosis and proper treatment of women's heart disease. Our life-saving message reaches thousands of women each year through our website, media outreach, Red Bag of Courage®, print publications and nationwide speaker's bureau of trained patient spokespersons.

Public Policy and Advocacy

WomenHeart advocates for increased awareness and greater access to quality treatment and care for women living with heart disease. We work to ensure that the patient voice is heard in policy debates, WomenHeart hosts the annual Advocacy Institute for women heart patients, and we also ensure the patient voice is heard through positively impacting legislation, policy debates and legislative briefings.

Take Charge of Your Heart Health!

Learn more about heart disease, join our community of support, attend educational and special events, and empower yourself and others to live heart healthy.

INFORMATION IS FREE!

Sign up here:

Please Print Clearly

NAME

ADDRESS

STREET

CITY

STATE

ZIP

TELEPHONE

EMAIL (required)

- Yes, please sign me up to receive WomenHeart's free monthly online newsletter.
- Yes, please notify me online about WomenHeart support services.
- Yes, I would like to receive online messages from WomenHeart and its sponsors.

Please complete other side

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