

# HeartScarves

A patient support program

## Do you knit, weave or crochet?

Are you interested in using your talent to help women living with heart disease?

If so, WomenHeart's HeartScarves program might be just for you!

**Imagine this:** a woman in the hospital. She has just been diagnosed with heart disease — the leading cause of death in women. She feels frightened, isolated.

Enter another woman who has been there. A heart disease survivor bearing a hand-made red scarf and a small beautiful bag covered in hearts and filled with information about managing heart disease. Someone to listen, and to care.

That is the idea behind HeartScarves. Since it was founded by two women heart disease survivors in 2005, thousands of HeartScarves have found their way to thousands of women heart patients, thanks to WomenHeart and its national volunteer corps of *WomenHeart Champions*.

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

## Volunteer for HeartScarves — and support women living with heart disease

If you are looking for a way to share your talent in a way that makes a real difference in the lives

of women, please consider volunteering for HeartScarves today. Here's how:

- Knit, crochet or weave a red scarf.
- Visit [www.womenheart.org/HeartScarves](http://www.womenheart.org/HeartScarves) to download a WomenHeart note card which you can personalize to attach to the scarf. The website will also provide the mailing address for our distribution center where you can send the scarf.
- Once at the distribution center, the HeartScarves will be sanitized and packaged with your personal note, and distributed to a *WomenHeart Champion* who will bring it to a newly diagnosed woman heart patient at her hospital.

## Not a crafter, but want to sponsor a scarf?

Donate \$10 for WomenHeart to purchase yarn for handmade HeartScarves.

Your gift will spread this symbol of hope and comfort with women living with heart disease.



**WOMENHEART**

THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE

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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 HeartScarve 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 1 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, woman heart patient



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