

I HAVE HEART DISEASE... NOW WHAT?

After being diagnosed, many women experience feelings of isolation and depression. Talking with someone who's been there can make a difference in emotional recovery.



WOMENHEART

CONNECT

one-on-one, by phone or e-mail, with another WomenHeart patient through our **SisterMatch program**. Through this peer connection, learn how to deal with new thoughts and feelings in ways that can add to your sense of hope, well-being and healing.

DEVELOP support skills. Assist your WomenHeart Support Network by delivering **HeartScarves** — red scarves hand-made by crafters across the country — to women with heart disease. Discover the power of supporting other women on their healing journey.

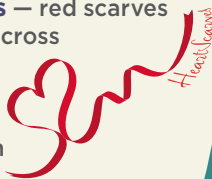
BUILD your community and learn how to use your personal experience and journey with heart disease to save other women just like you!

"My cardiologist saved my heart, but WomenHeart saved my life."

—WomenHeart Champion

EMPOWER

yourself by attending a **WomenHeart Support Network** online or at a location near you. Take charge of your heart health and receive support through our patient-centered, cardiologist-approved curriculum. Through education and the support of local women like you, gain skills not only to cope, but thrive!



Through peer-to-peer programs, WomenHeart provides education and support at each step of your journey as you redefine what heart disease means to you. Become a *WomenHeart Champion* and take the journey from heart disease patient to heart disease "thrivers!"

Find the support you need through one of WomenHeart's patient education and support programs here:



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NOW I'M READY FOR ACTION!

You most likely embarked on your heart health journey without a road map; however, with the tools you've gathered along the way, you now may be ready to help another woman along her journey. If so, become a *WomenHeart Champion* and join our mission to advocate, educate and support women living with or at risk for heart disease.

A *WomenHeart Champion* is a heart disease survivor who has completed training at WomenHeart's Science & Leadership Symposium. Armed with knowledge and confidence, she is ready to tell her story, spread heart health awareness, and support WomenHeart's educational and advocacy programs! Sound like a mission you'd like to join?

BENEFITS:

- Join network of 950+ trained women heart disease survivors
- Exclusive trainings and conferences
- Access to leading cardiology professionals and advocates
- National speaking and media opportunities

1 ENGAGE...

your medical community. Contact your local hospital(s) to become a member of **WomenHeart's National Hospital Alliance** and join hospitals across the country in seeking to ensure that women heart disease patients have access to education and patient support services. By joining the Alliance, hospitals have access to educational materials, programs, training and technical assistance required to establish and maintain post-discharge support groups for women heart patients.

2 MASTER...

the heart health advocacy tools you need by attending WomenHeart's annual **Science & Leadership Symposium**. This prestigious conference trains dedicated women heart survivors like you to provide support and education to other women living with heart disease.

3 ACTIVATE...

your team and get started! The road doesn't stop here — now, you're a *WomenHeart Champion* ready to empower the women in your community! So rally your troops and win the war on heart disease, one life at a time!

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WOMENHEART
THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

Find out how to become a *WomenHeart Champion* and engage your medical community through WomenHeart's National Hospital Alliance here:

