



HER HEART MATTERS

WEAR RED CANADA • FEB 13



Women@Heart Peer Support Program

*By Women With Heart Disease
For Women with Heart Disease*



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WEAR RED CANADA • FEB 13



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

WOMEN@HEART™
PEER SUPPORT PROGRAM

- Free, national program - led by women with heart disease, for women with heart disease.
- You can self-refer
- Virtual, access anywhere
- Over 4 months, ~2 hours every ~2 weeks



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EMOTIONAL SUPPORT

Availability of a peer to discuss personal difficulties to support a full recovery.

INFORMATIONAL SUPPORT

Gain the knowledge relevant to problem-solve and achieve health goals.

APPRAISAL SUPPORT

Discuss information for self-evaluation and validation of emotions and behaviours.



PEER SUPPORT

Provision of support from a person sharing similar experiences with a condition



How to Register ?

Online
Registration

- <https://cwhhc.ottawaheart.ca/virtual-groups>

By phone

- 613-696-7071

By email

- womensupport@ottawaheart.ca



JOIN US!

Wear Red Canada Tuesday February 13, 2024



WearRedCanada.ca | [#HerHeartMatters](https://twitter.com/HerHeartMatters) | [@CWHHAlliance](https://twitter.com/CWHHAlliance)

How can you participate?

- Wearing RED on February 13 to show your support! Taking pictures and sharing them on social media using the hashtag #HerHeartMatters.
- Sign up a team for the National Wear Red Canada Movement Challenge.
- Order a promotional kit or items: posters, buttons, pens, brochures, and more...
- Organize an awareness event at your workplace or community.
- Share the 5 key messages with family and friends.
- Light your home or business in RED.





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RESOURCES

- **Canadian Women's Heart Health Centre:** [https://cwhhc.ottawaheart.ca/\(yourheart.ca\)](https://cwhhc.ottawaheart.ca/(yourheart.ca))
- **Risks and Symptoms of Heart Disease Infographics**
 - Questions to ask your healthcare provider
 - Become a Community Advocate
 - **Women@Heart** <https://cwhhc.ottawaheart.ca/programs-and-services/womenheart-program>
- **Canadian Women's Heart Health Alliance:**
CWHHA.ca <https://cwhhc.ottawaheart.ca/national-alliance/cwhha>
- **University of Ottawa Heart Institute:** [Ottawaheart.ca](https://ottawaheart.ca)
- **A Guide to Women's Heart Health** : <https://ottawaheart.ca/document/guide-womens-heart-health>
- **Heartwise webinars:** www.pwc.ottawaheart.ca- FREE
- **Wear Red Canada:** <https://wearredcanada.ca/>



- **Questions when talking with your health Care Provider** : <https://cwhhc.ottawaheart.ca/tools-and-resources/talking-your-health-provider>
- **Risks and Symptoms of heart disease in women** : <https://cwhhc.ottawaheart.ca/tools-and-resources/infographics>
- **Program and Services for women's heart health** : <https://cwhhc.ottawaheart.ca/programs-and-services/programs-and-services>



HELPFUL TIPS

- **Canada's Food Guide Snapshot (different languages)**
- **Kathleen Turner- Registered Dietitian at the UOHI – links to healthy eating**
<https://www.ottawaheart.ca/patients-visitors/tools-and-resources/living-well-heart-disease/healthy-eating>
- <https://cwhhc.ottawaheart.ca/national-alliance/projects-and-initiatives/canadian-womens-peer-support-heart-hub>
- <https://cwhhc.ottawaheart.ca/womens-heart-health-multilingual-resources>
- <https://www.ottawaheart.ca/document/10-tips-emotional-health>
- <https://www.ottawaheart.ca/document/top-10-tips-exercise>
- <https://www.ottawaheart.ca/document/top-10-tips-healthy-eating>
- <https://www.ottawaheart.ca/document/top-10-tips-managing-stress>





CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE

HEART DISEASE IS ON THE **RISE**



IT'S THE **LEADING
CAUSE OF DEATH** FOR
WOMEN WORLDWIDE



Heart attack symptoms are **not recognized** in over 50% of women.



Causes of heart disease can be **different for women** than men.



Women can be at **greater risk** for heart disease than men.



There is a lot we can **all** do to help **reduce the risk**. Heart disease is largely **preventable**.



To take care of others, you need to first take care of yourself. **Start the conversation with the women in your life.**

Questions? Visit WearRedCanada.ca or your healthcare provider.