



**HER HEART MATTERS**  
WEAR RED CANADA • FEB 13

# RESOURCES

- [Canadian Women's Heart Health Centre](#)
- [Risks and Symptoms of Heart Disease Infographic](#)
- [Questions to ask your health Care Provider](#)
- [Toolkit to Become a Community Advocate](#)
- [Women@Heart](#) Support Program for women with heart disease
- [Canadian Women's Heart Health Alliance](#) Supporting Women's Heart & Vascular Health
- Wear Red Canada:
  - <https://www.cwhha.ca/peer-support>
  - <https://www.cwhha.ca/multilingual-resources>
  - <https://www.cwhha.ca/research>





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## Resources

- University of Ottawa Heart Institute: <https://www.ottawaheart.ca/>
- University of Ottawa Heart Institute: [Coronary Disease Management Tool](#)
- One Million Canadian Hearts: <https://www.ottawaheart.ca/1mhearts>
- [Heart Valve Mobile Screening Program](#)



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CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE



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# HELPFUL TIPS

- A Guide to Women's Heart Health: <https://ottawaheart.ca/document/guide-womens-heart-health>
- Research: <https://www.ottawaheart.ca/patients-visitors/engage-clinical-research/join-research-study>
- Canada's Food Guide Snapshot ( different languages) <https://food-guide.canada.ca/en/food-guide-snapshot/>
- 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>
- FREE- Heart Wise Webinars: <https://www.ottawaheart.ca/patients-visitors/centres-and-programs/prevention-and-wellness-centre/education/pwc/heartwise-webinars>
- <https://www.ottawaheart.ca/patients-and-visitors/tools-and-resources/cardiovascular-rehabilitation-top-10-tips>: emotional health, exercises, healthy eating, managing stress