



Women's Heart Health Resources

Canadian Women's Heart Health Centre | Yourheart.ca

- [Risks And Symptoms Of Heart Disease Infographics](#)
- [Questions to Ask Your Healthcare Provider](#)
- [Become a Community Advocate e-Course and Toolkit](#)
- [Women@Heart Peer Support Program](#)

Canadian Women's Heart Health Alliance | CWHHA.ca

- [Wear Red Canada \(February 13\): \[Wearredcanada.ca\]\(http://Wearredcanada.ca\)](#)
- [Multilingual Resources](#)
- Canadian Women's Peer Support Heart Hub Womenshearthub.ca Canadian Women's Cardiovascular Rehabilitation Heart Hub

University Of Ottawa Heart Institute | Ottawaheart.ca

- [Top 10 Tips: Eating Healthy, Managing Stress, Exercise, Emotional Health, Etc. \[Ottawaheart.ca/Patients-Visitors/Tools-And-Resources/Cardiac-Rehabilitation-Top-10-Tips\]\(http://Ottawaheart.ca/Patients-Visitors/Tools-And-Resources/Cardiac-Rehabilitation-Top-10-Tips\)](#)
- [Heartwise Webinars](#)
- [Are You At Risk Assessment Tool](#)

Heart & Stroke Foundation | Heart&Stroke.ca

- Ms. Understood Report (2018)

