

## WOMEN@HEART PROGRAM

### SESSION CONTENT

#### SESSION 1: WOMEN AND HEART DISEASE.

Participants tackle the most common myths and misperceptions of heart disease and gender differences, plus discuss treatments, symptoms and diagnosis of heart disease.

#### SESSION 2: ROAD TO RECOVERY.

Participants write their heart disease story and share their personal journey with each other. Participants will also learn about the emotional and physical road to recovery.

#### SESSION 3: YOUR EMOTIONS AND HEART DISEASE.

Participants explore the most common emotions of surviving a heart incident, including sadness, anger and frustration, in addition to learning the most effective ways of coping with change.

#### SESSION 4: MANAGING EMOTIONS.

Building on session 3, participants gain specific tools to best manage their emotions, including relaxation techniques, positive thinking, and effective communication strategies.

#### SESSION 5: ACTIVATE YOURSELF FOR HEALTH.

Participants receive their personalized Risk Factor Profile, and a road map to identify the health strategies that will have the most positive impact on their health.

#### SESSION 6: WAYS TO STAY MOTIVATED.

Participants engage in discussion on key tips to improve their risk factors, including healthy eating, physical activity, stress and weight management. Participants also learn about how to remain motivated long term, tackling issues such as confidence, activation and decisional balance.

#### SESSION 7: MANAGE YOUR HEART DISEASE RISK.

Building on session 6, participants learn about goal setting and creating an action plan to manage their risk factors and reduce risk of recurrent events.

#### SESSION 8: PROBLEM SOLVING SKILLS.

Participants will discuss the barriers they encounter to making healthy changes and learn to problem-solve challenges and triggers in their everyday lives.

#### SESSION 9: THE SLIPPERY SLOPE OF LIFESTYLE CHANGE.

Participants learn to recognize slips from their health goals and how to build effective strategies to prevent or recover from relapses, including dealing with negative self-talk.

#### SESSION 10: TAKE CHARGE OF YOUR HEALTH.

Participants explore the various type of support available and learn how to work with their health care team to better manage their condition and risk factors.

#### SESSION 11: NAVIGATING COMMUNITY RESOURCES.

Participants learn how to navigate the community resources available to them and think forward to plan for the future.

#### SESSION 12: WHAT A JOURNEY!

Participants look back over the 11 sessions and tie together the most important skills and tools to move confidently into the future.