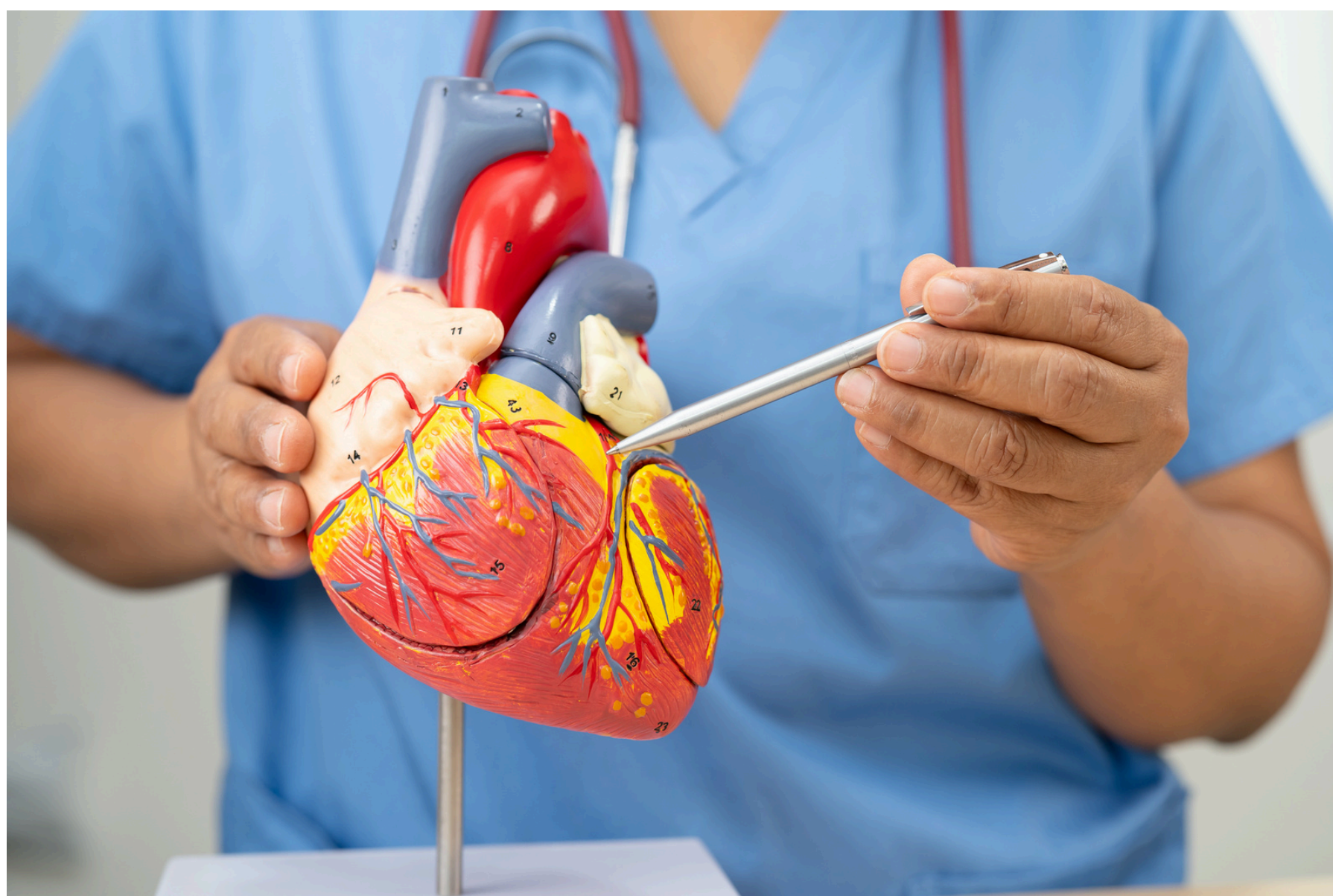# Women's Heart Health

April 9, 2026
10:00-11:00am MT

The Canadian Women's Heart Health Alliance (CWHHA) is a volunteer network of experts and advocates aiming to improve women's cardiovascular health across the lifespan. Join us to learn more about Women's Heart Health.

Learning Outcomes:

- The anatomy of the heart
- What is heart and vascular disease
- Describe how heart and vascular disease is different for both men and women
- Types of heart disease can be different for men and women
- Describe the signs and symptoms of a heart attack for both men and women
- Risk factors, why is it important, what it is and how to act

Speakers:

Laurina Eskow - Registered Dietitian, volunteering with the Canadian Women's Heart Health Alliance. Laurina has been working in Indigenous Communities for 29 years.

Target Audience: Health care workers and others interested in heart health for women

Please register for session at: https://fntn.ca/Home/Register-VC?eid=22773
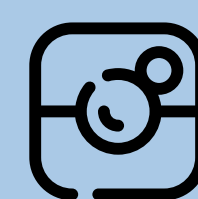
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First Nations Telehealth Network
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1.888.999.3356
VCHELP@FNTN.CA

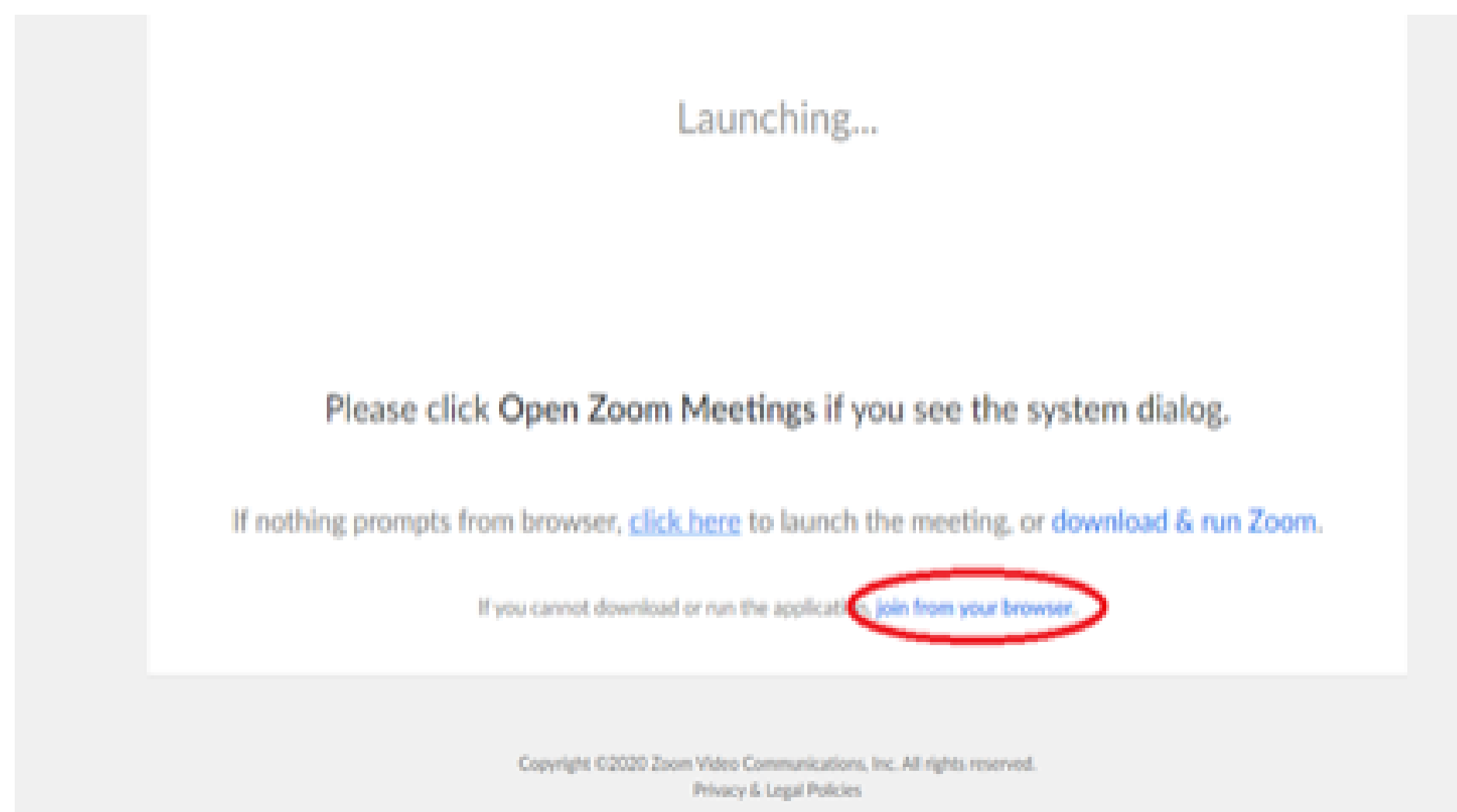@FNTNAB

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