



## Canadian Women's Heart Health Alliance

### Advocacy Working Group | Member Profile



**Helen Robert, B.Comm, CCP**

Patient Advocate Co-Chair, Advocacy Working Group

Woman with Lived Experience

Women@Heart Program Volunteer

Ottawa, ON | [@HelenLRobert](#)

Alliance member since 2018

#### Biography

Helen Robert is an entrepreneur and consultant living in Ottawa, Ontario. Helen's background includes specialized expertise in Total Rewards, small business management and HR Program development. She has a long history of volunteerism in Ottawa, and has been a member of the Canadian Women's Heart Health Alliance since its inception. She also volunteers as a facilitator for the University of Ottawa Heart Institute's Women@Heart Program and on the planning committee for the 2018 and 2021 Canadian Women's Heart Health Summits.

Helen is a heart attack survivor, diagnosed with Spontaneous Coronary Artery Dissection (SCAD), which brings her directly in touch with heart disease and recovery. Sharing her experience and learning from others on similar journeys has really solidified for her the power of strong peer connections and quality support in achieving better outcomes for patients and caregivers.