



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2018
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CANADIAN WOMEN'S
HEART
HEALTH CENTRE



Caroline Lavallée

Communications and Public Relations Professional
Lived Experience with Heart Disease
Co-Chair, Advancing Women's Heart Health Research
Steering Committee
Heart & Stroke
Montreal, QC

Biography

Caroline Lavallée is a public relations and communications professional with close to 20 years of experience. She has received numerous honours in her field, including two Awards of Excellence from the International Association of Business Communications. She was also recognized by the Insurance and Financial Communicators Association, among others. Over the past few years, she has been focusing on community investment, building meaningful relationships that contribute to the prosperity and well-being of communities.

In 2006, Caroline was diagnosed with supraventricular tachycardia. She underwent catheter ablation, which significantly improved her quality of life. Today, she can do anything she wants. For the past six years, she has been a volunteer speaker for Heart & Stroke. She has also competed in triathlons and half-marathons to raise funds for the Foundation, which is near and dear to her. Since early 2017, she has been co-chairing the Heart & Stroke's Advancing Women's Heart Health Research Steering Committee. She did not hesitate when we invited her to participate in the Summit. She currently lives in Montreal, Quebec.