

## WOMEN@HEART 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 how medications for heart disease work, side effects and develop their own personal medication plan.

### 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: YOU CAN MANAGE STRESS.

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

### SESSION 5: ACTIVATE YOURSELF FOR HEALTH.

Participants will rethink their health care journey by examining their knowledge, attitudes and beliefs. Participants will also receive their personalized Risk Factor Profile, 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 learn the essential ingredients to remaining motivated long term, tackling issues such as ambivalence, self-efficacy and confidence in order to maintain the health habits they will work to create.

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

Participants will engage in discussion on the most important ways they can reduce their risk of a recurrent event, including healthy eating, physical activity, stress and weight management.

### SESSION 8: MANAGE YOUR HEART DISEASE RISK II.

Building on session 7, participants will continue to learn about the most effective ways to reduce their risk of a recurrent event, including smoking cessation and effectively managing blood pressure, diabetes and cholesterol.

### SESSION 9: GOAL SETTING AND ACTION PLANNING.

Participants will develop detailed short and long term action plans filled with goals that are meaningful, achievable and action-specific for most effectiveness.

### SESSION 10: TAKE CHARGE OF WHAT'S AROUND YOU.

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

### SESSION 11: 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 12: TAKING CHARGE OF THE FUTURE.

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