



Canadian Women's Heart Health Alliance

Training and Education Working Group | Member Profile



Jennifer Monaghan, LLB, BA

Patient Advocate Co-Chair, Training and Education Working Group

Woman with Lived Experience

Kelowna, BC

Alliance member since 2020

Biography

Having heart disease and a stroke has not defined Jennifer, but rather given her the experience and passion to become an active volunteer and advocate. A lawyer by training, she served on the Heart and Stroke Foundation (HSF) Mission Council on Vascular Cognitive Impairment, as a member of the HSF Red Dress Gala Committee, as well as undertaking various speaking engagements. She sits on the International Advisory Panel of the British Heart Foundation's "Big Beat Challenge" – a global competition for a £30 million research award. She was only 43 when, without any risk factors, her stroke and ultimate discovery of heart failure happened, so she feels particularly invested in supporting health care and research on the heart and brain.