



## Canadian Women's Heart Health Alliance

### Advocacy Working Group | Member Profile



**Christina Stuwe**

Woman with Lived Experience

Calgary, AB

Alliance member since 2022

#### Biography

I was born and raised in Calgary, Canada. I'm married and have a son. My work has been in the financial industry for three decades helping families with their finances. During those years I developed public speaking experience which, along with my people skills, I use today to pass on my message.

At the age of 47 years, I had open heart surgery as I required a triple bypass. As a woman with lived experience, I am sharing my knowledge with two Canadian heart studies. I truly believe that I went through my struggles to help change the current health systems, as well as the misconceptions around women's heart health. Recently, I've been featured on Global and CTV News, and the Sunday Night Health Show on radio and online. Currently, I am one of four spokeswomen for the 2023 Heart & Stroke heart campaign and now author of my first book titled "Yes, it's My Heart... Is It Yours Too?", available on Amazon.

Helping one heart beat at a time ❤️