



CANADIAN WOMEN'S HEART HEALTH SUMMIT ▶ 2023

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2023 Canadian Women's Heart Health Summit

Speaker Details



Karen Bouchard, PhD

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Biography

Dr. Karen Bouchard (she/her) is a postdoctoral fellow in the Cardiovascular Health Psychology Laboratory at the University of Ottawa Heart Institute. She conducts research on the role of psychosocial factors in cardiovascular health, particularly among women with established cardiovascular disease and their family members. Her goal is to develop psychosocial/educational interventions that improve patients' and caregivers' mental health, social relationships, and overall quality of life. She holds a Bachelor and Master of Education from Queen's University and PhD in Education from the University of Ottawa.