



CANADIAN WOMEN'S HEART HEALTH SUMMIT ▶ 2023

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THE UNIVERSITY
OF BRITISH COLUMBIA



2023 Canadian Women's Heart Health Summit

Speaker Details



Helen Robert

Co-Chair Advocacy Working Group, Canadian Women's Heart Health Alliance
Woman with Lived Experience
Ottawa, ON

Biography

Helen Robert is an entrepreneur and consultant living in Ottawa, Ontario. Helen's background includes specialized expertise in compensation, small business management and Talent program development. She volunteers as a facilitator for the University of Ottawa Heart Institute's Women@Heart Program. Helen is also the patient advocate co-chair of the Advocacy Working Group with the Canadian Women's Heart Health Alliance.

Helen is a heart attack survivor, diagnosed with Spontaneous Coronary Artery Dissection (SCAD), which brings her directly in touch with chronic disease and recovery. Sharing her experience and learning from others on similar journeys has really solidified for her the power of strong peer connections and quality support in achieving better outcomes for patients and caregivers.