



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2020  
APRIL 2-3, 2020 • OTTAWA • WOMENSHEARTSUMMIT.CA



CANADIAN WOMEN'S  
HEART HEALTH CENTRE  
CENTRE CANADIEN DE SANTÉ  
CARDIAQUE POUR LES FEMMES



**Anjie Valgardson, RPN (retired)**  
Tobacco Educator  
Woman with Lived Experience  
Winnipeg, MB

**Biography**

Anjie is a new transplant to Winnipeg from Ottawa, where she raised two boys and was a dedicated nurse, before undergoing emergency heart surgery and suffering a subsequent stroke six months later. After her recovery, she followed a new career path and is now active in helping people avoid the health consequences of tobacco addiction. Anjie currently resides with her one-eyed dog and is a devoted social justice advocate.