

2021 Canadian Women's Heart Health Summit

February 10-13, 2021



Jennifer Monaghan, LLB, BA
Woman with Lived Experience
Kelowna, BC

Biography

Having heart disease and a stroke has not defined her, but rather given her the experience and passion to become an active volunteer and advocate. A lawyer by training, she served on the 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.