



Did you know: Heart disease is the number one killer of women worldwide! Join us to learn more about what heart disease is, how heart disease is different in women, and how to take action to improve your heart health! Don't forget to **WEAR RED** on February 13th to raise awareness for women's heart health and join us on social media using #WearRedCanada and

#LibinWearsRed!

Your Presenters:

Sarah Blayney, RN, BN, is a Registered Nurse who has worked on an internal medicine hospital unit for 3+ years. She is presently a first-year medical student in the Cumming School of Medicine at the University of Calgary. Sarah is a member of the *Canadian Women's Heart Health Alliance*, and is a Community Partnership Coordinator for the University of Calgary's 'Wear Red Canada' team. She is passionate about educating and empowering women about cardiovascular disease.

Dr Sandra M Dumanski, MD, MSc, FASN, FRCPC is an Assistant Professor in the Cumming School of Medicine at the University of Calgary. Her program of research is supported by the *Canadian Institutes of Health Research*, the *Kidney Foundation of Canada*, and the *Canadian Fertility and Andrology Society* and endeavors to advance sex- and gender-based equity in research and care by providing insight into the complex relationships between reproductive, cardiovascular, and kidney health systems. Dr Dumanski is the Community Outreach and Engagement Lead for the *Libin Cardiovascular Institute Women's Cardiovascular Health Initiative*, a valued member of the *Canadian Women's Heart Health Alliance*, and is the Central Physician Lead for 'Wear Red Canada', celebrated annually to raise awareness of women's heart health.



HER HEART MATTERS
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