

HeartScarves

A patient support program



Do you knit, weave or crochet?

Are you interested in using your talent to help women living with heart disease?

If so, WomenHeart's HeartScarves program might be just for you!

Imagine this: a woman in the hospital. She has just been diagnosed with heart disease – the leading cause of death in women. She feels frightened, isolated.

Enter another woman who has been there. A heart disease survivor bearing a hand-made red scarf and a small beautiful bag covered in hearts and filled with information about managing heart disease. Someone to listen, and to care.

That is the idea behind HeartScarves. Since it was founded by two women heart disease survivors in 2005, thousands of HeartScarves have found their way to thousands of women heart patients, thanks to WomenHeart and its national volunteer corps of *WomenHeart Champions*.

Distributed in hospitals and at WomenHeart Support Network meetings throughout the country, each hand-made red scarf offers comfort, support, and encouragement for a woman with heart disease, and becomes part of her healing journey.

Volunteer for HeartScarves – and support women living with heart disease

If you are looking for a way to share your talent in a way that makes a real difference in the lives of

women, please consider volunteering for HeartScarves today. Here's how:

- Knit, crochet or weave a red scarf
- Visit <http://www.womenheart.org/HeartScarves> to download a WomenHeart note card which you can personalize to attach to the scarf.
- Mail your scarf to WomenHeart's distribution center at WomenHeart HeartScarves Project, c/o Big Show Product Fulfillment, 1525 Gin Road, Gold Hill, NC 28071.
- Once at the distribution center, the HeartScarves will be sanitized and packaged with your personal note, and distributed to a *WomenHeart Champion* who will bring it to a newly diagnosed woman heart patient at her hospital

Not a crafter, but want to sponsor a scarf?

Donate \$10 for WomenHeart to purchase yarn for handmade HeartScarves. Your gift will spread this symbol of hope and comfort with women living with heart disease.

