

Support ♥ Educate ♥ Advocate

# WomenHeart Support Group

*Online Zoom Meetings*

**Every Second Wednesday  
of the Month 6-7pm**

*WomenHeart is the only national organization dedicated to advancing women's heart health through advocacy, community education and patient support. As the leading voice for the 42 million American women living or at risk for heart disease, WomenHeart advocates for equal access to quality care and provides information and resources to help women take charge of their heart health. [www.womenheart.org](http://www.womenheart.org)*



**Dignity Health®**



**WOMENHEART**

THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE

**Wednesday, January 12, 2022  
6-7pm: Yoga of the Heart**

Lindsey Robertson is a CDC – Certified Health Coach, a national certified personal trainer and fitness expert. As a health coach of Dignity Health's HEAL program, she helps people with prediabetes and type 2 diabetes create healthy habits, empower balance in their lives, and to live to their fullest potential. Lindsey recently dedicated herself to the study and the creation of Dignity Health's Yoga of the Heart cardiac care yoga practice for women who are at risk of cardiovascular disease. Lindsey has worked for Dignity Health Arizona for over 20 years, she's inspired hundreds of women and children to pursue and achieve their goals. Whether it is cultivating a positive mindset for healthy eating, empowering self-care – through the practice of yoga and meditation, or leading a buzzing new workout, Lindsey loves helping people live their best, healthiest lives ever.

**For more information, call or text our  
WH Champion Noreen at 224-567-3974**

**or email WH-  
[dignityhealthEVA@womenheart.org](mailto:dignityhealthEVA@womenheart.org)**



**WomenHeart Dignity Health East Valley**