



2009 SCIENCE & LEADERSHIP SYMPOSIUM

Held in collaboration with Mayo Clinic in Rochester, MN

Are you a woman living with heart disease with the desire to learn more about cardiovascular disease and educate others about heart health in your community? If your answer is YES, then apply today for this unique training opportunity.

WHAT? A four-day science and leadership training course for women living with heart disease who want to:

- Become a *WomenHeart Champion* trained to educate other women and community groups about heart disease and promote awareness of the importance of heart health in women
- Provide online, telephone or in-person support to other women living with heart disease
- Advocate for excellence in care
- Improve how women with heart disease are treated within the healthcare system
- Learn how to talk with media

You will attend lectures and breakout sessions to learn the basic science of women's heart disease – prevention, diagnosis and optimal treatment and care – and discover new ways to thrive by healing mind and body. You will meet the faculty at Mayo Clinic and other women living with heart disease, like you. You will learn from top heart care healthcare professionals, health educators, women's health advocates, and professional media trainers.

WHERE? Mayo Clinic in Rochester, MN

WHEN? Saturday, October 10, at 6:00 PM to Wednesday, October 14, at 12:00 PM

WHO MAY APPLY? Women with diagnosed heart disease and who agree to:

- Participate in one prerequisite conference call prior to the application deadline.
- Conduct a minimum of 24 hours of community education and outreach as a *WomenHeart Champion* during the six months following the Symposium.
- Remain an active *WomenHeart Champion* and member of WomenHeart's Speakers Bureau past your initial six months of service.
- Attend all four days of the Symposium.
- Read course materials prior to the Symposium.
- Have an e-mail address and check it at least once a week.

COST? WomenHeart pays for tuition, hotel room, and meals.

Participants are responsible for travel expenses, including air fare and ground transportation.*

***A limited number of travel scholarships are available for women with low incomes who cannot afford travel. If you are seeking a travel scholarship, a letter of request is required. Check the box at the bottom of the Application Form and attach the letter of request before mailing.**

HOW TO APPLY? Please submit your completed application form, essay question responses and letters of recommendation via e-mail, mail or fax.

E-mail: jeisman@womenheart.org

Mail: WomenHeart
 Attn: Science & Leadership Symposium
 818 18th Street NW
 Washington, DC 20006

Fax: 202-728-7238

The application deadline is Friday, June 19, 2009. You will be notified via e-mail when your application is received. Acceptance notifications will be mailed beginning on August 7th.

WHO IS SELECTED? Participants are selected based on the strength of their essays and letters of recommendation. Additional consideration is given to geographic and ethnic diversity.

HEALTH CAUTION:

The Symposium is physically and emotionally intense, and not suitable for women who have been hospitalized or experienced severe cardiac symptoms during the previous six months. If this sounds like you, please delay your application until 2010.

The Science and Leadership Symposium is co-sponsored by WomenHeart, Mayo Clinic Women's Heart Clinic, and Mayo Clinic Office of Women's Health.

1. APPLICATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone Numbers:

Work _____

Home _____

Cell _____

E-mail Address: _____

Age/Race/Ethnicity: _____

Profession: _____

Employer: _____ Title: _____

Responsibility: _____

Are there specific topics you want to learn about at the Symposium? YES NO

If YES, please specify: _____

How did you find out about the Symposium? _____

Are you interested in starting a local WomenHeart Support Network? YES NO MAYBE

Do you speak a foreign language(s)? YES NO

If YES, please indicate the language(s) and a level of proficiency: _____

YES, I am requesting a travel scholarship in order to attend the Symposium.

These scholarships are available only for women with low incomes who could not otherwise attend. Please include the required letter of request with your application that explains your current financial situation.

Be sure to include:

- **Your family's 2009 annual income.**
- **Number of people in your family.**

2. ESSAY QUESTIONS

On the proceeding pages, answer the following five essay questions (please limit your answers to one page per question).

3. LETTERS OF RECOMMENDATION

- **Ask your cardiologist or cardiac nurse to send a letter of recommendation directly to WomenHeart indicating what makes you an ideal candidate for the Symposium and potential for success as a WomenHeart Champion.**
- **Ask a work and/or volunteer colleague or supervisor to send a letter of recommendation directly to WomenHeart explaining what makes you an ideal candidate for the Symposium.**

QUESTIONS?

Contact Joanna Eisman at jeisman@womenheart.org or 202.728.7199.

Essay Question #1: Describe your experience with heart disease and your current health status.

Essay Question #2: Why do you want to attend the Symposium and become a *WomenHeart* Champion?

Essay Question #3: What unique life, educational, volunteer or employment experiences have you had that make you a good candidate for the Symposium?

Essay Question #4: Describe any community education or advocacy activities related to women and heart disease that you have conducted (e.g., media interviews and/or presentations to community organizations or faith groups).

Essay Question #5: How might you put your knowledge to work in your community when you return home from the Symposium? The Symposium training will help you develop an action plan, but provide specific examples of your own ideas or opportunities you see in your community.