



ENGAGE. ENCOURAGE. INFORM. SUPPORT.

Do you have a story to share? Maybe some words of encouragement that could make a difference in someone's life? Or perhaps you're searching for guidance, advice or a shoulder to lean on as you navigate a difficult time. The **SUPPORT NETWORK** is a far-reaching online community made up of people just like you: survivors, caregivers, family members and friends whose lives have been changed by cardiovascular disease or stroke. These are people who are seeking to share experiences, offer guidance, and provide support to one another during challenging times.

Studies have shown that online support communities such as the **SUPPORT NETWORK** can have positive physical and emotional benefits for those who participate, thereby reducing depression and improving quality of life. As a valued member of the **SUPPORT NETWORK** family, you'll find a wealth of information, advice and support on topics such as:

- Heart Disease
- Pediatric Stroke
- Congenital Heart Defects
- Stroke
- Chronic Conditions
- Rehab and Recovery
- Caregiving
- Emotional Well-Being

Make a connection. For life.



Signing up is free, easy and secure.

- No membership fees. Ever.
- Monthly Q&A sessions with respected healthcare professionals.
- Intuitive, user-friendly interface; only basic computer skills required.
- Forums to share your healthcare experience or simply provide support to another human being.
- Your personal information will never be disclosed or compromised.
- Excellent resource for reliable, credible information.

JOIN TODAY FOR FREE!

heart.org/supportnetwork
strokeassociation.org/supportnetwork