# Additional options to support Wear Red Canada

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Materials and resources to consider</th>
</tr>
</thead>
</table>
| Information table         | Set up an information table in a high traffic area in your workplace or community. Specify a high traffic area. Provide printed resources for passersby and direct them to the Canadian Women’s Heart Health Centre website for women’s heart health resources. | - Volunteers for table (consider all day or for just a few hours during a high traffic time)  
- Table, table cloth  
- Signage for table  
  - Printed materials (ex. Event posters, Infographics available at yourheart.ca, Ms.Understood report)  
  - Banners  
- Prepare a few key messages that volunteers will be comfortable conveying to passersby  
- Consider editing the Wear Red event posters or creating additional flyers to advertise the details of when/where the information table will be set up.  
- Consider simple games that could generate small donations toward women’s heart health activities in your area. E.g; Games- for ex. “Guess how many hearts in the Jar”. They make a donation, make a guess and can win a gift  
- Offer to measure waist circumference or take blood pressure or questionnaire about heart disease risk factors  
- Raffle for items such as donated items (small quilts, training session gift certificates, scarves/ties)  
- Provide some “Wear Red Canada” merchandise from online store |
| Lunch and Learn           | Organize a short presentation, discussion panel or similar in your workplace or community. Encourage attendees to bring their lunch and/or coffee to an informational session about women and heart disease. | - Room booking in your workplace or community centre  
- Organize speaker(s) if you are not comfortable presenting yourself  
- Consider making some printed materials available  
  - Become a [Community Advocate](#) and get access to the online toolkit with presentations and printable material to help promote awareness  
- Consider editing the Wear Red event posters or creating additional flyers to advertise the details of when/where your ‘lunch and learn’ will be held  
- Provide some “Wear Red Canada” merchandise from online store |
| Host a physical activity workshop | Organize a workshop for members of your workplace or community. (Eg. Yoga, stretching, aerobics) | - Room booking in your workplace or community centre  
- Engaging with community instructors/volunteers to host the session |
<table>
<thead>
<tr>
<th>Consider starting with a brief message about heart disease in women, and the importance of living health, active lifestyles.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Who will deliver the Women’s Heart Health message?</td>
</tr>
<tr>
<td>• Consider making some printed materials available</td>
</tr>
<tr>
<td>• Consider editing the Wear Red event posters or creating additional flyers to advertise the details of when/where your ‘lunch and learn’ will be held</td>
</tr>
<tr>
<td>• Provide some “Wear Red Canada” merchandise from online store</td>
</tr>
</tbody>
</table>