

Additional options to support Wear Red Canada

Activity	Description	Materials and resources to consider
Set up an Information table	<p>Set up an information table in a high traffic area in your workplace or community.</p> <p>Provide printed resources for passersby and direct them to the Canadian Women's Heart Health Centre website for women's heart health resources.</p>	<ul style="list-style-type: none"> • Volunteers for table (consider all day or for just a few hours during a high traffic time) • Table, table cloth • Signage for table <ul style="list-style-type: none"> ○ Printed materials (eg. 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 love this b/c it is fun!) They make a donation, make a guess and can win a gift • Offer to measure waist circumference or take blood pressure or questionnaire about HD risk factors • Raffle for items such as donated items (small quilts, training session gift certificates, scarves/ties)
Lunch and Learn	<p>Organize a short presentation, discussion panel or similar in your workplace or community.</p> <p>Encourage attendees to bring their lunch and/or coffee to an informational session about women and heart disease.</p>	<ul style="list-style-type: none"> • Room booking in your workplace or community centre • Organize speaker(s) if you are not comfortable presenting yourself • Consider making some printed materials available • 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
Host a physical activity workshop	<p>Organize a workshop for members of your workplace or community. (Eg. Yoga, stretching, aerobics)</p> <p>Consider starting with a brief message about heart disease in women, and the importance of living health, active lifestyles.</p>	<ul style="list-style-type: none"> • Room booking in your workplace or community centre • Engaging with community instructors/volunteers to host the session • Who will deliver the Women's Heart Health message? • Consider making some printed materials available • 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