

Additional options to support Wear Red Canada

Activity	Description	Materials and resources to consider
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 (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	<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 <ul style="list-style-type: none"> ○ 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	<p>Organize a workshop for members of your workplace or community. (Eg. Yoga, stretching, aerobics)</p>	<ul style="list-style-type: none"> • Room booking in your workplace or community centre • Engaging with community instructors/volunteers to host the session

	Consider starting with a brief message about heart disease in women, and the importance of living health, active lifestyles.	<ul style="list-style-type: none">• 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• Provide some "Wear Red Canada" merchandise from online store
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