

## 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"> <li>• Volunteers for table (consider all day or for just a few hours during a high traffic time)</li> <li>• Table, table cloth</li> <li>• Signage for table               <ul style="list-style-type: none"> <li>○ Printed materials (ex. Event posters, Infographics available at <a href="http://yourheart.ca">yourheart.ca</a>, Ms.Understood report)</li> <li>○ Banners</li> </ul> </li> <li>• Prepare a few key messages that volunteers will be comfortable conveying to passersby</li> <li>• 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.</li> <li>• 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</li> <li>• Offer to measure waist circumference or take blood pressure or questionnaire about heart disease risk factors</li> <li>• Raffle for items such as donated items (small quilts, training session gift certificates, scarves/ties)</li> <li>• Provide some "Wear Red Canada" merchandise from online store</li> </ul>
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"> <li>• Room booking in your workplace or community centre</li> <li>• Organize speaker(s) if you are not comfortable presenting yourself</li> <li>• Consider making some printed materials available               <ul style="list-style-type: none"> <li>○ Become a <a href="#">Community Advocate</a> and get access to the online toolkit with presentations and printable material to help promote awareness</li> </ul> </li> <li>• 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</li> <li>• Provide some "Wear Red Canada" merchandise from online store</li> </ul>
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"> <li>• Room booking in your workplace or community centre</li> <li>• Engaging with community instructors/volunteers to host the session</li> </ul>

	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"><li>• Who will deliver the Women's Heart Health message?</li><li>• Consider making some printed materials available</li><li>• 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</li><li>• Provide some "Wear Red Canada" merchandise from online store</li></ul>
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