THE **VOF** THE MATTER

Let's talk about women's heart and vascular health

NATIONAL CALL FOR HIGH SCHOOL EDUCATORS: Sign up today for free!

Lesson Plan and Toolkit for High School Teachers and Students

As part of the Wear Red Canada campaign, we are expanding our reach to younger audiences to **bring awareness to the important issue of women's heart and vascular health.** This lesson plan is intended to **spark conversation** among students, staff, parents/guardians, and the community and **raise the visibility** of the national **Wear Red Canada** campaign at your school.

1 hour Lesson Outline:

- Icebreaker activity
- Pre-test assessment
- Video: Interview, cardiovascular disease overview, Wear Red Canada key messages
- 5 Practice activities
- Post-test assessment
- Ongoing learning

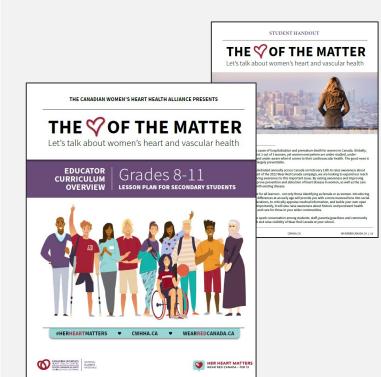
CANADIAN WOMEN'S NATIONAL

HEART HEALTH CENTRE ALLIANCE

*Curriculum can be adapted for a variety of subjects and levels to complement existing curriculum.

HER HEART MATTERS

WEAR RED CANADA + FEB 13



To Participate:

- 1. Sign up online at <u>WearRedCanada.ca</u> to gain access to the Educator Toolkit.
- 2. Present the lesson to your classroom.
- 3. Complete the evaluation form.

WearRedCanada.ca | #HerHeartMatters | @CWHHAlliance