



Have Faith in Heart

RESOURCE LIST

Call to Action:

Go Red for Women strives to inspire and empower women to take charge of their health by being aware and taking action to reduce their risk for heart disease and stroke. Go Red for Women is dedicated to helping women build healthy habits including moving more, eating better and managing blood pressure as well as closing gender disparities in research and STEM fields. Visit [GoRedforWomen.org](https://www.GoRedforWomen.org) to learn more and join the movement that is by women for women.

The lesson provides suggested Go Red for Women resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Is the program aimed at adults?

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment?

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

Have a projector?

Great. Use the slides to guide your talk. Consider downloading an American Heart Association PSA for one of your interactive activities.

Have a good Internet connection?

Show one of the many American Heart Association or Go Red for Women videos available for streaming, break participants into groups to take an online quiz or give a demo of an online tool.

Think about which formats best teach the health messages to your community members.

Consider what type of information is most motivating for your community.



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The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



Video: Play the video and engage participants in a discussion after the viewing.



Printed Handout: Ask volunteers to take turns reading the information on the handout.



Group Discussion: Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



Online Tool: Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

Additional Go Red for Women Resources

National Wear Red Day®

The first Friday of February is always National Wear Red Day, which makes planning ahead easy! Wear red to raise awareness about cardiovascular disease and save lives.

bit.ly/2NTbg14

Connect with Go Red for Women®

Spread the word on social media to encourage others to #WearRedandGive. Connect with Go Red for Women on Facebook and Twitter.

Facebook: [facebook.com/goredforwomen](https://www.facebook.com/goredforwomen)

Twitter: twitter.com/GoRedForWomen

Shop Go Red for Women

Get your official Go Red gear on ShopHeart.org. The site offers a variety of products that support the Go Red movement, including the iconic Red Dress pin and wristbands, clothing, accessories and home and office products. There are also many items for those who cook and enjoy an active lifestyle. Go Red gift cards are also available. Every purchase supports our mission.

bit.ly/38nBu3w



Point 1: Understand Your Risk & Know the Signs



Know Your Numbers Handout

Learn about the numbers that all women should know to take control of their heart health.

bit.ly/36nlb5j



Warning Signs and Symptoms

Infographic on the warning signs of heart attacks and strokes.

bit.ly/38zu7pA



Heart Attacks Signs in Women

Learn about specific heart attack warning signs that women might experience.

bit.ly/1dblyVf



Women's Signs of a Heart Attack—Dr. Suzanne Steinbaum

Dr. Suzanne Steinbaum explains the differences between men and women. (28 seconds)

bit.ly/1z2hgcl



Go Red for Women: Just a Little Heart Attack

Starring and directed by Emmy-nominated actress Elizabeth Banks. (3 minutes, 14 seconds)

bit.ly/1FkK3KI

Point 2: Start Your Journey to Better Health



Journey to Better Health

This program provides you the opportunity to learn to move more, eat smart and manage your blood pressure.

goredforwomen.org/journey



Point 3: Join Research Goes Red & Go Red for Women



Research Goes Red

Research Goes Red aims to empower women to contribute to health research. This collaboration unites American Heart Association heart health experts, patients, loved ones, and Verily, with its leading tools and technologies, to truly make a difference.

projectbaseline.com/gored



Research Goes Red Infographic

Learn more about how you can join Research Goes Red.

bit.ly/2sSp30z



Go Red for Women

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. Make the Go Red Healthy Behavior Commitment today!

goredforwomen.org



Go Red for Women - More Time

Together we are empowering women to beat heart disease and stroke, giving them more time to do amazing things.

youtube.com/watch?v=pjl8cInDfoY