

Women's Heart Health Workshop Report March 01, 2012

On Thursday, March 01, 2012 Newfoundland & Labrador Women's Institutes, Central District hosted a Women's Heart Health Workshop in partnership with Central Health and the Canadian Heart & Stroke Foundation. This event was sponsored by a Provincial Wellness Grant. It took place at the Frazer Road United Church Hall, Gander. One hundred and sixteen, (116), participants were in attendance.

Heart & Stroke disease is the number one killer of women in Canada. The Federated Women's Institutes of Canada partnered with Canadian Heart & Stroke Foundation to conduct similar Workshops across Canada. The purpose of this Workshop is to promote awareness of the risk factors associated with the disease and to offer education for improvement of a healthier life style.

To fulfill our commitment to the Provincial Wellness Grant and FWIC Project this Workshop covered topics such as Heart Health presentations, benefits of physical fitness and healthy eating.

Nancy Gates, RN, representing Central Health co-ordinated the following presentations:

1. The Heart Health Truth - Amanda Reid, RN, Central Health
2. Zumba - Susan Mitchell - Curves Owner/Manager
3. Figuring Out Food Labels and Getting the Most Nutrition Out of Your Dollar -Vanessa Young, Nutritionist, Central Health
4. Heart Healthy Lunch prepared by College of the North Atlantic, Marine Cooking Class
5. Lovin' Life - Sandra Brown, RN, Central Health
6. Fast Facts Bingo - Valerie Fagan, RN, Central Health
7. Fun & Play to Promote a Healthy Heart - Jenesta Holloway, RN, Central Health
8. Know Your Numbers - Nurses, Central Health were available to obtain blood pressure readings. Susan Mitchell, Curves did BMI testing.

Other Community Partners involved in making the Workshop a success were, College of the North Atlantic, Curves, Dominion Stores, Gander Co-op, Gander Lions Club, Newfoundland Power, Recreation Newfoundland & Labrador, Shoppers Drug Mart, The Paint Shop, and Tim Horton's.

This Workshop was an outstanding success. Our NLWI Committee was very pleased with the outcome. Professionals at Central Health are to be commended for a job well done. Participants suggested that similar workshops take place to address subjects such as Thyroid, Mental Health, Diabetes, Obesity and others.

Respectively Submitted

Nellie Moss
District Representative
NLWI, Central Newfoundland

Workshop Expenses are as follows:

Food	\$457.20
Presenters Gifts	62.00
Rent	150.00
Total Expense	\$669.20

Evaluation Results are as follows: See Attachment