



Lunch and Learn Classes

The Utah Department of Health Heart Disease and Stroke Prevention Program recommends the following when teaching lunch and learn classes.

Presenters

- ❑ The American Red Cross will give presentation to different groups on some subjects related to Heart Disease. For information on this please call (801) 323-7000
- ❑ Local Hospitals are a great resource for finding someone to speak to your employees. Just contact the education department at the hospital.
- ❑ Physicians and nurses can also make great presenters because they can bring in a different perspective than most. Feel free to contact any practitioners you know to invite them to speak, but remember to be flexible as they often have busy, full schedules.
- ❑ Survivors of heart disease and stroke often make great speakers. If you are interested in having a survivor speak to your group contact Sarah at (801) 538-9209 for information on a few speakers we know.
- ❑ Dieticians and Fitness Specialists that understand heart disease and stroke risk factors and can relate the two.

Note: Please be prepared with a topic idea when inviting a speaker to your workplace but be flexible in what you want them to cover. Someone speaking on their area of expertise is much more interesting than listening to someone speak on something they know a little bit about and are not interested in.

Topics

- ❑ Heart Disease- risk factors and how to lower them.
- ❑ How to control High Blood Pressure
- ❑ How to control High Cholesterol
- ❑ Stroke- risk factors and how to lower them
- ❑ Stroke- signs and symptoms and what to do
- ❑ Heart Attack- signs and symptoms and what to do
- ❑ Physical Activity to lower heart disease and stroke risk
- ❑ Dietary Approaches to Stop Hypertension (DASH diet)
- ❑ Other topics that relate to heart disease and stroke- often the presenters will have an idea!

Handouts

- ❑ For handouts please visit www.hearthishighway.org and download any that you feel would be pertinent to the presentation. It might be a good idea to let the presenter look at the website if they don't already have something for their presentation.
- ❑ For additional handout ideas please contact Sarah Davis (801) 538-9209

**Good luck and Have Fun!!
We hope you learn a lot from these presentations!!**