

Community Education Services



Modifying certain behaviors can significantly reduce the risk of developing heart disease. The Minneapolis Heart Institute Foundation educates diverse audiences about heart health through our community programs and services. It is the goal of the Community Education programs is to increase personal awareness of risk factors and provide the tools necessary to assist individuals in their pursuit of heart-healthy lifestyles.

To schedule a program, please contact us at: 612-863-3979

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mplsheart.org

<p>Blood Pressure Screening Includes one contractor, handouts and blood pressure cards. An aggregate summary of screening data is available for \$40 per location. *Locations out of Metro area will include extra charge of \$40.00/hour for travel time.</p>	<p>\$45.00/hour plus 1.5 hour per event/location for travel and set up*</p>
<p>Health Fairs Displays Includes one health coach, display and handouts for event up to 3 hours.* Topics: BMI, Heart Health, Know your Numbers and Risk for Heart Disease, Stress Management, and Eating Healthy (Portion Distortion, Color Your Health, Volumetrics and Label Reading).</p>	<p>\$250 *Events longer than 3 hours will include extra charge of \$40.00 per hour.</p>
<p>Speakers Bureau Presentations Includes one contractor, a presentation up to 1 hour in length and handouts. See list of topics and descriptions on the next page.</p>	<p>\$165</p>
<p>Cooking Demonstrations Option 1: Complete cooking demonstration in location with a full kitchen for 25 people. Includes one contractor, handouts, food ingredients and disposable dishes. Option 2: Cooking demonstration in location without a kitchen for up to 30 people. The menu includes food items that do not require kitchen appliances (i.e. salads, wraps, etc.). Includes contractor, handouts, food ingredients and disposable dishes. Option 3: Presentation style for up to 40 people. This option provides examples of food item to sample but the food is not prepared onsite. Includes one contractor, food items, handouts, and disposable dishes. All options are interactive sessions and include food samples for participants.</p>	<p>\$650 \$550 \$450</p>
<p>Blood Lipid Profile/Blood Glucose Screening/Finger Stick Cholesterol</p>	<p>Contact Us</p>
<p>Computerized Health Assessments</p>	<p>Contact Us</p>

Speaker's Bureau Presentation List

Presentations can be adapted to audience and content requested. Topics can also be combined to fit audience needs.



Your Heart and You

This comprehensive presentation explains heart disease, its risk factors, and assists the audience in understanding their cholesterol numbers and key behaviors to prevent heart disease. It empowers the audience to act now for a healthier life which will later prevent heart disease. It also guides the audience to resources on line for better heart health.

Successful Behavior Change

Discusses basic, time-proven methods to change unhealthy behaviors. The presentation is broad so that it can be applied to any area of health however examples are drawn from smoking, eating, exercise, and stress.

How to Master Stress Management

Identifies what stress is, how stress affects the body, and how it can be effectively managed. Practical techniques are demonstrated in this presentation for “stressing down.”

Healthy Eating on a Budget

Provides practical suggestions on how to eat healthy following the Dietary Guidelines while on a budget. It includes not only a deep explanation of the dietary guidelines, but also how to plan, purchase and prepare menus that are healthy and fit the budget.

Virtual Grocery Store Tour

Provides practical tips on how to plan and shop for a healthy heart. A virtual tour of a grocery store is provided highlighting the nutrients in each section, how to shop for the most nutritious options and how to read the food labels. -Interactive

Physical activity for Heart and Health

Identifies how exercise works to counteract heart disease risk factors, lists the benefits of exercise, discusses components of an exercise program, barriers of exercise and how to stay motivated.

What's Your Risk Picture? Know your numbers

Describes risk factors, and provides specific action steps to decrease your risk of heart disease. This is ideal to be given after a cholesterol and blood pressure screening.

Blood Pressure Management

Defines hypertension and how it relates to heart disease, myths and facts about hypertension, and most importantly how to prevent it.

Cholesterol: the Good, the Bad, and the Ugly

Identifies what cholesterol is, where it comes from, and its purpose in the body. This presentation also discusses desirable values and how to achieve them.

Diabetes and Heart Disease

Defines diabetes, how it affects the body, and how it relates to heart disease. Helps individuals understand the importance of managing nutrition, glucose, exercise and other related risk factors.

Women and Heart Disease

Describes heart disease and risk factors specific to women. It also includes a description of differences men and women have with heart attack signs and symptoms.

Heart Healthy Eating Strategies: Eating Out or On The Run

This presentation helps individuals identify specific steps that can be taken to improve eating habits, even when busy. Strategies for eating out are also provided.

Weigh to Lose

Learn about the keys to healthy weight management, and how to incorporate them into your lifestyle. Healthy eating, physical activity, and stress management are the keys to successful weight management.

Healthy Eating: Mediterranean Style

Learn about the heart health benefits from a traditional Mediterranean diet. Understand how to incorporate key nutritious ingredients into your daily meals which can lead to the prevention of not only heart disease, but several other chronic diseases.

Healthy Eating for a healthy Heart

Learn about the basic principles of a heart healthy diet. Identifies several on-line tools to examine your own diet and eating patterns and offers information about how to improve them. Includes practical healthy eating strategies that can improve high blood pressure and high cholesterol, and tips on decreasing your fat intake and cooking with healthy fats.

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