

## HEART ATTACK Teaching Materials

Thought this newsletter would interest you. [hin.nhlbi.nih.gov/joinhin/news/sess10hin.htm](http://hin.nhlbi.nih.gov/joinhin/news/sess10hin.htm) You can subscribe for free at - [hin.nhlbi.nih.gov/joinhin/join.asp](http://hin.nhlbi.nih.gov/joinhin/join.asp)

visit our [Go Red for Women page on our website](#)

<<http://www.americanheart.org/presenter.jhtml?identifier=3017091>> for even more information about how you can Go Red!

<<Go Red for Women Sabbath Announcement.doc.doc>> <<GRFW Sabbath Participant Form.doc.doc>>

## Give a Talk on How to Act in Time to Heart Attack Signs

Use this "talk-in-a-box" for your next talk at a senior center, hospital, church, adult education class, worksite health and safety meeting, or community group. The kit contains everything needed to quickly and easily plan and conduct a compelling 1-hour small group session on heart attack survival. The lesson plan includes talking points, reproducible handouts, 22 overhead masters, and tips on how to organize and publicize. Also included is the 13-minute "Act in Time" video, an integral part of the small group experience.

Order the Act in Time to Heart Attack Signs Small Group Session Kit item #KT-017 for \$12.50 <<http://mail.nhlbi.nih.info/t/2792/508708/39/21/>>.

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The 2004 NHLBI Educational Materials Catalog is now available to you, and packed with affordable, commercial-free materials for health professionals, patients, and the public. Order your <[hin.nhlbi.nih.gov/emails/0709041.htm](http://hin.nhlbi.nih.gov/emails/0709041.htm)> f\*r\*e\*e copy now! In addition to familiar sections such as cholesterol, high blood pressure, blood, asthma & other lung diseases, and sleep disorders, this year's catalog features sections that highlight:

<[hin.nhlbi.nih.gov/emails/0709041.htm](http://hin.nhlbi.nih.gov/emails/0709041.htm)> Picture Placeholder

- \* Cooking and eating for heart health
- \* Practical approaches to weight management
- \* The truth about women and heart disease
- \* How to act in time to heart attack signs,
- \* And more...

Order your catalog today to find trustworthy, affordable, and attractive health education materials for your community.

Order item <[hin.nhlbi.nih.gov/emails/0709041.htm](http://hin.nhlbi.nih.gov/emails/0709041.htm)> #04-3085. No C\*h\*a\*r\*g\*e.

Information and materials related to the National Heart Lung and Blood Institute's heart attack alert program called "Act in Time."

Heart Attack Alert Program  
<[www.nhlbi.nih.gov/about/images/nhaap.gif](http://www.nhlbi.nih.gov/about/images/nhaap.gif)>

Lesson Plan on Heart Attack Response Now  
<[www.eztrackz.com/tracking.aspx?id=273](http://www.eztrackz.com/tracking.aspx?id=273)> Small Group Lesson Plan

The award-winning "Act in Time to Heart Attack Signs" Small Group Session Lesson Plan is now available online. Use it for your next talk at a senior center, hospital, church, adult education class, worksite health and safety meeting, or community group.

The plan has won several national awards, including the 2002 Communicator Award of <[www.communicator-awards.com](http://www.communicator-awards.com)> Excellence.

The lesson plan includes:

- \* Talking points on how to recognize and respond to a suspected heart attack.
- \* Reproducible handouts to increase retention of key information.
- \* 22 professionally produced overhead masters or PowerPoint(r) slide show to help you present your talk.
- \* Tips on how to plan and publicize your discussion.

Put them together with the companion 13-minute "Act in Time" video (also available at [www.nhlbi.nih.gov/actintime/video.htm](http://www.nhlbi.nih.gov/actintime/video.htm) ), and you have everything you need to plan and conduct a 1-hour small group session on heart attack survival.