



Pastors, parish nurses and others involved in health ministry

are invited to learn about our
easy-to-use, faith-based

Search Your Heart

heart-health and stroke prevention program
for high-risk minority populations
at churches and other places of worship.



This faith-based program for heart health and stroke prevention is informative, interactive and fun. It can help every member of your faith-based organization learn and develop healthy lifestyle habits.

It includes a **Coordinator's Guide** to help you implement the program and **Six Activity Modules**:

- 1. Check For Life** shows you how to conduct blood pressure, cholesterol and diabetes screenings.
- 2. Activities For Life** shows you how to make physical activity fun and incorporate it into your everyday life, how to start a walking club, what you should know about overweight and obesity, and how to start a buddy system to encourage others.
- 3. Bread of Life** provides you with information for cooking healthy, eating on the run, heart-healthy cooking workshops, fast food calorie counts and healthy serving portions to keep the weight off.
- 4. Lift Every Voice** helps communities create and sustain community coalitions to advocate healthy living.

5. Stomp Out Stroke helps you conduct stroke prevention education, teaches the warning signs and shows you how to coordinate stroke screenings.

6. Stress Reduction helps participants identify stress and gives some educational tools to help reduce it.

Each module is a self-directed kit that a lay coordinator can implement in an onsite workshop for congregation members. The program also includes:

- **Reproducible** materials to distribute to members
- **Eight Bookmarks.** Four have health-related scriptures and tips on blood pressure, walking, nutrition, stress reduction and stroke prevention. Four have heart-healthy tips and facts without scriptures.

Since its inception in 1996, *Search Your Heart* has touched more than 300,000 African Americans, Hispanic/Latinos and other groups through 15,000 faith-based organizations across the U.S.

**For more information on this valuable tool,
call Lynne Griffin in our Indianapolis office at 317-873-3640.**