



The Heart Truth®

Introduction

This series of short educational articles are adapted from *The Heart Truth®* Speaker's Kit, available at www.hearttruth.gov.

For more in depth information, check our website www.uwex.edu/ces/flp/.

Suggestions for use by HCE clubs or other groups include:

- Study one article each month and use the discussion questions to share personal experiences and wisdom.
- Use as a part of a 'health month' emphasis. Have members each take a topic and discuss at the club meeting. February is heart month.
- Print in your HCE newsletter.
- Partner with your Family Living Educator and offer your community a workshop highlighting *The Heart Truth®*.
- Use with other groups you are connected to; service organizations, senior centers, church groups, 4H and County Fairs.

Adapted by Catherine Becker, Community Health Intern, UW-Extension, June 2011 from:

The Heart Truth® for Women: A Speaker's Guide. *The Heart Truth®*, National Heart Lung and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services. Revised December 2007. Information available at www.hearttruth.gov.

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American Heart Association, 2011. Information available at www.heart.org.

United States Department of Agriculture, 2011. Information available at www.choosemyplate.gov.

The content of this discussion guide is for informational purposes only and does not constitute professional medical advice, diagnosis, treatment or recommendations of any kind. You should always seek the advice of your qualified health care professionals with any questions or concerns you may have regarding your individual needs and any medical conditions.

Reviewed by Jackie Carattini, Marathon Co FLE; Gayle Coleman, WNEP Nutrition Specialist; Connie Eisch, Wood Co FLE; Marma McIntee, Washington Co FLE.

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