Women's Health Month

The game is simple… Cover your board by completing the tasks below.

Earn a bonus point every time you _____

5 POINTS — Ask a woman you love (over 40) if they have had a mammogram?

5 POINTS — Wear pink in support of breast cancer awareness (even if it is just accessories). Be sure to tell someone it is in support of Women's Health.

5 POINTS — Inform a woman you love that "Heart Related Events" are the #1 killer of women

5 POINTS — Inform a woman you love of the symptoms of a heart attach.
-Chest pain -Cold sweat
-Nausea -Unusual fatigue
-Upper body pain -Dizzy
-Shortness of breath

5 POINTS — Ask a woman you love if she has had a colonoscopy (over 50). Share the importance of prevention.

10 Points

5 POINTS — Wear red in support of women's heart health (even just accessories). Be sure and let someone know it in support of heart health for women.

5 POINTS — So something kind for a woman you love to relieve some of her work load (home or work).

5 POINTS — Commit to doing your own self breast exam or ask a woman you love if they are doing theirs. This saves lives!!!

Encourage a girl. She is beautiful just the way she is. She is smart. She is important and valued.

Wear pink in support of breast cancer awareness (even if it is just accessories). Be sure to tell someone it is in support of Women's Health.

Inform a woman you love that "Heart Related Events" are the #1 killer of women

Inform a woman you love of the symptoms of a heart attach.
-Chest pain   -Cold sweat
-Nausea   -Unusual fatigue
-Upper body pain -Dizzy
-Shortness of breath

Name:_____

Bonus Points:_____

Total Points_____

Men's Health Month

The game is simple… Cover your board by completing the tasks below. Earn a bonus point every time you _____

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5 POINTS — Ask a man you love if he has had a colonoscopy (over 50). Share the importance of prevention.

5 POINTS — Sport a "Mustache" in support of men's health (accessory, shirt, mug, on your face). Tell someone it is in support of men's health month.

5 POINTS — Inform a man you love that "Heart Related Events" are the #1 killer of men

5 POINTS — Inform a man you love of the symptoms of a heart attach.
-Chest pain -Cold sweat
-Nausea -Indigestion
-Pain in arm and neck
-Dizzy   -Sudden symptoms

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5 POINTS — What can you do for a man you care about to lessen his work load (that day or at that moment)? Help alleviate stress!

10 Points

5 POINTS — Ask a man you love if he has had a colonoscopy (over 50). Share the importance of prevention.

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5 POINTS — Inform a man you love of the symptoms of a stroke.
"F" = Face drooping "A" = Arm weakness "S" = Speech difficulty "T" = Time to call "911"

5 POINTS — Sport a "Mustache" in support of men's health (accessory, shirt, mug, on your face). Tell someone it is in support of men's health month.

Sport a "Mustache" in support of men's health (accessory, shirt, mug, on your face). Tell someone it is in support of men's health month.

What can you do for a man you care about to lessen his work load (that day or at that moment)? Help alleviate stress!

Inform a man you love of the symptoms of a stroke.
"F" = Face drooping "A" = Arm weakness "S" = Speech difficulty "T" = Time to call "911"

Inform a man you love of the symptoms of a heart attach.
-Chest pain   -Cold sweat
-Nausea -Indigestion
-Pain in arm and neck
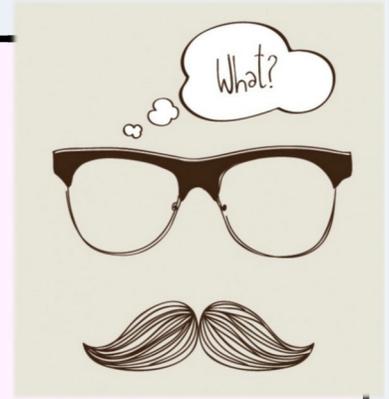-Dizzy   -Sudden symptoms

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Name:_____

Bonus Points:_____   Total Points_____

October and November is a time to raise awareness for both Women's and Men's health. Join us each month for a game of "Cover" . All you have to do is pick up a playing sheet for each month. Earn points for each task you complete.

Women's "Cover" Sheet is due by November 1st

Men's "Cover" Sheet is due by December 1st.

Prizes for the most points and a drawing for those that participate in both months!