Women's Health Month

Administration Instructions

-4 Week Program

-Launching the program

-Suggested that you decide how your group will promote the topics featured for women's health. There will be a featured topic each week (4 total). We've provided suggestions below.

-Have the following supplies

-Women's Health Participation Sheet. This sheet can be given to those participating. They simply fill in the activity they participated in and what they specifically did. This form can be turned into the champion in charge at the end of the month.

General Directions

-Decide what your group wants to require. Listed below are 4 topics. You will have materials/information to pass out, post, or e-mail to support these topics. You can choose which week you will promote each topic

Week 1 – Breast Cancer Awareness - (have a "Pink Out"), where as many people wear something pink as possible… What about promoting a "Real Men Wear Pink Day"? Could be as simple as an accessary for those who wear a uniform to work. Don't forget to take a picture of your group.

Week 2 – Heart Health - Even though the technical month for heart promotion is February, we can still raise awareness. Cardiac events are the #1 killer for women. Similar to Breast Cancer Awareness, you could have a "Red Out" and in conjunction go over the warning signs for Heart Attack and Stroke at all meetings conducted that week. This can be a simple slide included in all meetings (will take up 3-5 minutes of a meeting). Go over these warning signs in any mandatory meetings that week, such as a safety meeting.

Week 3 – Mental Health/Stress Management – Conduct 10 min meditation sessions with a meditative script. This is so simple and fast and people LOVE it. Another idea, ask people to declare one thing NEW they have done that particular week (Healthy) that was intentionally done to lower their stress/manage their mental health.

Week 4 – Wild Card – This is up to you. If there is something your group is passionate about and wants to feature. Go for it. We'll provide you information this week on **Positive Body Image**

Ending the Program

-Suggested that you designate an ending window (2-3 days)

-Use the turning in of the Tally sheet as a way to end the program. You can also choose to include the evaluation piece as a way to end the program.