

THE OF THE MATTER

Let's talk about women's heart and vascular health

NATIONAL CALL FOR HIGH SCHOOL EDUCATORS:
Sign up today for free!

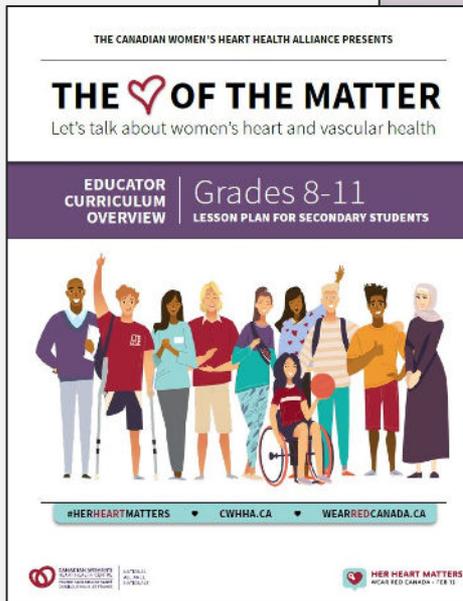
Lesson Plan and Toolkit for High School Teachers and Students

As part of the *Wear Red Canada* campaign, we are expanding our reach to younger audiences to **bring awareness to the important issue of women's heart and vascular health**. This lesson plan is intended to **spark conversation** among students, staff, parents/guardians, and the community and **raise the visibility** of the national *Wear Red Canada* campaign at your school.

1 hour Lesson Outline:

- Icebreaker activity
- Pre-test assessment
- **Video:** Interview, cardiovascular disease overview, Wear Red Canada key messages
- 5 Practice activities
- Post-test assessment
- Ongoing learning

*Curriculum can be adapted for a variety of subjects and levels to complement existing curriculum.



To Participate:

1. Sign up online at WearRedCanada.ca to gain access to the Educator Toolkit.
2. Present the lesson to your classroom.
3. Complete the evaluation form.