



# OUTLINE OF THE PASS-IT-ON HEALTHY HEARTS KIT WORKSHOP

## Who is this workshop for?

This FREE training is for people who want to deliver heart health messages to groups using the Healthy hearts kit, already know about the risk factors for coronary heart disease, but lack the confidence and/or skills to deliver the training.

## What does it cover?

This interactive workshop covers how you can use the Healthy hearts kit to deliver training to groups.

The day includes:

- an introduction to the kit
- a selection of activities from various sessions
- how to recruit the right people to attend your course
- how to plan and deliver a course

This workshop does **not** cover information on the risk factors for coronary heart disease. However, this information is in the training manual inside the kit.

**The workshop will start promptly at 10am and the day will finish at 4pm.**

Tea, coffee and a light sandwich lunch are included. Participants will receive a copy of the Healthy hearts kit before they attend the day.

Session 1 – Introduction to the workshop
Session 2 – About the kit
Session 3 – Getting across key information
Tea & coffee break
Session 4 – Introduction to food sessions
Session 5 – The kit's activities
1pm - Walk & lunch
Session 6 – Communication
Session 7 – Planning & next steps
Session 8 – Wrap-up and evaluation