



HeartLinks to Heart Health Program



HEARTLINKS PROGRAM AWARENESS SITE PROFILE – LANSING/EAST LANSING (MI)

Program Information

Link Chapter/Program Site: Lansing/ East Lansing (MI)

Link Chapter President: Teresa Bingman/Deana Newman

Link Program Coordinator: LaKeeya Tucker

Link Program Co-Coordinator: Brenda Henderson

Contact Information (primary email & phone number): ltltlt@me.com or 517.282.6652

Program Management

- **Program Team Structure/Roles:** Link Program Coordinator, Link Program Co-Coordinator, Health and Human Services Facet & Link Chapter Volunteers
- **Challenges/Resolutions:** Setting a date for initial programming. We held a well-attended conference call to brainstorm and create a strategic plan.

Participant Recruitment

- **Number of Participants:** 50
- **Challenges/Resolutions:** Deciding on a convenient location, date, time, and making participants comfortable to learn and engage them to be active, all on the same day. After committee discussions, we were able to make a decision to host the event in a comfortable setting, at a convenient time, on a Sunday afternoon.

Educational Sessions

- **Course Instructors/Facilitators:** Physician & certified Nia instructor; Conducted: Know Your Risk for Heart Disease & Act in Time (Heart attack signs)
- **Challenges/Resolutions:** Having a convenient, healthy, filling, heart healthy meal, all while being conscious of the environment. We created healthy brown sack meals for participants, which also served as a take away bag for their educational materials.

Community Health Partnerships

- **Number of Partners:** 3 – AARP, American Heart Association & Sparrow Hospital
- **Partner Contribution/Activities:** Materials for heart health events & activities, encouraging heart health & session speakers

Products

- **Materials/Merchandise Produced:** Promotional flyers