



## *HeartLinks* to Heart Health Program



### **HEARTLINKS PROGRAM AWARENESS SITE PROFILE – SYRACUSE (NY)**

#### **Program Information**

Link Chapter/Program Site: Syracuse (NY)

Link Chapter President: Priscilla A. Dhafir

Link Program Coordinator: Trymeter C. Carter

Link Program Co-Coordinator: Sandra L. Holmes

Contact Information: [cartert@upstate.com](mailto:cartert@upstate.com) or 315.472.1222 (Trymeter C. Carter); [sandlyn5@aol.com](mailto:sandlyn5@aol.com) or 315.449.0424 (Sandra L. Holmes)

#### **PROGRAM MANAGEMENT**

- **Program Team Structure:** Link Program Coordinator, Link Program Co-Coordinator, Link Chapter President, Link Chapter Health & Human Services Facet Members & Link Chapter Volunteers

#### **PARTICIPANT RECRUITMENT**

- **Number of Participants:** 199

#### **EDUCATIONAL SESSIONS**

- **Course Instructors/Facilitators:** Link Chapter intergenerational registered nurses, dentists, neurosurgeon, Tai Chi, Chair Yoga instructor, stroke survivor, healthcare professionals, dietician, chef, certified (holistic) fitness physical trainer, American Heart Association & Syracuse Behavioral Health representatives

#### **COMMUNITY HEALTH PARTNERSHIPS**

- **Number of Partners:** 20
- **Partner Contribution/Activities:** Screenings; session venues, childcare, photocopying, healthy cooking demonstration, AHA Healthy Soul Food Recipe cookbooks, heart educational materials, door prizes, Red Dress pins & bracelets, & heart health online tool

#### **PRODUCTS**

- Promotional flyers & “With Every Heartbeat is Life” Storyboard