



HeartLinks to Heart Health Program



HEARTLINKS PROGRAM AWARENESS SITE PROFILE – YOUNGTOWN (OH)

Program Information

Link Chapter/Program Site: Youngstown (OH)

Link Chapter President: Link Ann Cobbins

Link Program Coordinator: Link Ruth F. Quarles, MD

Link Program Co-Coordinator: N/A

Contact Information: drdq@netzero.com or 330.716.4020

Program Management

- **Program Team Structure/Roles:** Link Program Coordinator & Link Chapter Members
- **Challenges/Resolutions:** Getting recruits to help, finding the expertise needed to design the handouts was difficult. The project took persistence. Looking for help from people with computer skills.

Participant Recruitment

- **Number of Participants:** Red dress brown bag event 43, Health awareness program 200
- **Challenges/Resolutions:** Getting people motivated enough to want to attend and make lifestyle changes

Educational Sessions

- **Course Instructors/Facilitators:** Physician, CPR instructors & pastor
- **Challenges/Resolutions:** Getting participants to buy into learning CPR techniques

Community Health Partnerships

- **Number of Partners:** 4 – American Heart Association, Rising Star Baptist Church, 300 Sisters in Red (Links program) & Family Practice Physician
- **Partner Contribution/Activities:** HeartLinks display, CPR training, Brown Bag venue, food preparation & heart health promotion

Products

- **Materials/Merchandise Produced:** Promotional flyer, business card with sign of heart attack, car magnet with heart message, tote bag with healthy snacks, water bottles & stress reducers