



**Wyoming Women's Health
Coordinating Center**
at The Wyoming Health Council



Red Bandana Campaign / Women's Heart Health Workshop

The purpose of the Red Bandana Campaign / Women's Heart Health Workshop is to address risk factors for and prevention of heart disease by providing information and resources to assist women to improve their physical activity, nutrition and eating habits.

The Wyoming Women's Health Coordinating Center at the Wyoming Health Council will provide a complete training module and supplemental resources such as pedometers, water bottles, various other educational materials, etc. (depending on availability) **free of charge** to local Wyoming community entities to assist them with the implementation of the Red Bandana Campaign / Women's Heart Health Workshop. Please contact us at womenshealth@wyhc.org or call us at 307-638-2942 to obtain materials.

We do require that you sign a simple agreement with us prior to implementing the workshop to ensure that the Wyoming Women's Health Coordinating Center will obtain some minimal data collected at the workshop so that we can monitor workshop effectiveness.