



American Heart Association.

EmPOWERED to Serve™

# You're the Cure

## LESSON PLAN

### Call to Action

- Learn more about You're the Cure at [YoureTheCure.org](http://YoureTheCure.org).
- Understand key public policy issues.
- Text EMPOWER to 46839 to receive text updates from You're the Cure.
- Connect with your local advocacy staff to do get involved in local advocacy efforts.



### Community Needs

The AHA works on many policy issues, but they boil down to these three community needs:

- Promote healthy policies in our communities
- Ensure access to health care
- Improve quality and access to care

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives. You can join us as we work together to advocate for heart-healthy and stroke-smart communities by:

- Joining *You're the Cure* and take action on issues in your community
- Spreading the word and tell 5 family and friends about *You're the Cure* – encourage them to join
- Connecting with your local advocacy staff to do get involved in local advocacy efforts



## Three Important Points

- *You're the Cure* is a community of people working together to advocate for heart-healthy and stroke-smart communities through legislative and regulatory policies in our cities, states and across the country.
- *You're the Cure* works on a wide variety of matters, but they boil down to these three community needs: promoting healthy choices and policies in our communities, ensuring access to health care and improving quality and value of care.
- We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

## Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- View the YouTube video featured on slide 6 at [youtu.be/M\\_Q43MKA8mg](https://youtu.be/M_Q43MKA8mg).
- We recommend distributing handouts prior to beginning the lesson.
- Additional resources are available on the Resources List PDF. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List PDF to attendees so they have links to information discussed in the lesson.
- Contact your local AHA office to learn more about current advocacy efforts in your local area. Visit [heart.org](http://heart.org) for more information.

## Program Materials

***No access to a computer projector? Print the slides and use them as a script to deliver your health lesson.***

- Flip chart and markers.
- Handouts (one copy per participant):
  - You're the Cure flyer <http://bit.ly/2Ewcf1X>



- Pens
- Goody bags (optional): Reach out to local businesses, such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also, check out the American Heart Association online store ([ShopHeart.org](http://ShopHeart.org)) or the American Diabetes Association online store ([ShopDiabetes.org](http://ShopDiabetes.org)) for pamphlets or recipe booklets.

### Audiovisual Needs

- Projector for PowerPoint slides.
- Internet connection (optional).

### Wrap-Up

**Reminder!** Once participants have left, be sure to complete the Ambassador Questionnaire.

### Slide Program with Talking Points and Discussion Questions

The Speaker Notes section of the PowerPoint presentation includes scripted comments for the lesson. Use these to deliver the lesson. The notes also include discussion questions to engage participants. For your reference, here is a list of the discussion questions:

- How many of you have been affected in one way or another by heart disease or stroke?
- Does anyone have any questions about You're the Cure?