

**State Project
State Goals – 2019
“Women’s Health”**

Emphasis: Women’s Health Education

Mission Statement: To develop a program that educates women on cardiovascular disease, discovery, care and available resources.

YEAR TWO EMPHASIS: Women’s Cardiovascular Disease and Stroke Symptoms

Resources for Year Two: Oklahoma State and County Health Departments, Indian Health Clinics, Oklahoma Department of Human Services, Oklahoma Cooperative Extension Service, American Heart Association, Heart Specialists and Heart Hospitals, Go Red for Women website: www.goredforwomen.org and Red Cross, etc.

Suggested Activities:

- OHCE District workshops
- OHCE County workshops
- Informational care packets
- Display in area events
- Continue making heart pillows, and donate to heart hospitals, heart clinics and heart patients.

Future State Project efforts may include:

- Diabetes
- Depression
- Alzheimer’s disease
- Lupus, fibromyalgia, and rheumatoid arthritis
- Multiple Sclerosis

Awards:

County Awards:

1st Place \$25, 2nd Place \$15, 3rd Place \$10

Local Awards:

1st Place \$25, 2nd Place \$15, 3rd Place \$10

Committee Members:

Marilyn Gibson - Committee Chair

Teo Hair

Linda Sader

Linda Wallis