

# Appendix



## Activities for Training Community Health Workers

You can use the *With Every Heartbeat Is Life* manual to teach community health workers about heart health and to train them to teach the course to community members or other community health workers.

### About This Appendix

This appendix covers:

- Preparing To Make a Presentation (pages A.2-A.6)
- Tips To Teach the *With Every Heartbeat Is Life* course (page A.7)
- 12 Ground Rules for Teaching Groups (page A.8)
- *With Every Heartbeat Is Life: Topics for Practice* (page A.9)
- *Join the Fight Against Heart Disease in the African American Community* flyer (page A.10)

**Part 1** of this appendix has activities to help community health workers develop skills needed to teach *With Every Heartbeat Is Life*, including to make presentations to community groups. You'll find suggestions for leading a group, as well as opportunities for community health workers to practice presenting. Part 1 also suggests topics you can teach about.

Use the flyer on [page A.10](#) as one of your tools to publicize your community health worker training. Post the flyer in local clinics and organizations, and ask community leaders for help in finding people for your training

**Part 2** of this appendix has four activities that community health workers can offer as part of the course.