**Sample E-Mails for With Every Heartbeat Is Life Organizers to Promote the Course**

Customize these two template e-mail messages to send to potential course participants and encourage registration.

**Message 1**

Greetings!

About one out of four African Americans dies of heart disease. But you can do something about it!

{**Insert organization name**} is excited to offer you the opportunity to learn about heart health and heart disease in the African American community. Starting on {**date**} and {**time**} on/at {**add location-virtual or in a physical space**} attend the free With Every Heartbeat Is Life course on heart disease prevention. This is an 11 part program designed for African Americans by heart health experts. During this course, you’ll learn how you can take steps to protect your heart and the heart health of your family and friends.

You’ll learn practical information about blood pressure, maintaining a healthy weight, getting physical activity, heart healthy eating, reducing stress, not smoking and even more ways to protect your heart. We’ll share with you how to modify traditional African American recipes in ways that keep them tasty but use herbs and spices instead of salt. You’ll know how to recognize the signs of a heart attack and stroke, and how to maintain healthy cholesterol levels to reduce your risk of heart disease. Our interactive sessions will provide you with handouts that you can take home to your family and friends. Together, we can improve our heart health!

To learn more about the course or to sign up, visit {insert web link} or call {insert phone number}.

Here’s to our heart health,

**{Add signature}**

**Message 2**

Greetings!

Did you know? About one out of four African Americans dies of heart disease. But you can do something about it. Join us and take the free course on heart disease prevention: With Every Heartbeat Is Life!

It’s designed for you.

* Learn how to keep your own heart healthy, and help your family and friends do the same.
* Participate in games, role-playing, and other fun learning activities.
* Find out ways to be more active, eat in a heart healthy way, keep a healthy weight, and quit smoking.
* Learn how to talk to your family, neighbors, and friends about heart disease and how to help prevent it.
* Get take-home materials you can share with others.

Classes meet {**insert information about how often your class meets**}.

Classes meet on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Day/time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Classes begin on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For more information or to register, contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Here’s to our heart health,

{**Add signature**}