

HEALTHY HEARTS AND MINDS

uchealth

Middle School Program

We improve lives through research and education, empowering youth to practice heart-healthy habits that prevent cardiovascular disease.

Classroom education:

Learn CDE wellness standards

(computer and projector required)

- Cardiovascular health
- Heart anatomy
- Genetic risk factors
- Physical activity
- Smoking and vaping
- Nutrition
- Stress management
- Goal setting

- **Hands-only CPR demonstration and practice.**

Biometric screening:

Cholesterol, growth percentile, and blood pressure

(separate room is required)

- Students with parent or guardian permission may participate in a **free** health screening to learn their cholesterol levels, height, weight, and blood pressure.
- Parent/guardian permission required.
- Health screening data collected and shared with families in a HIPPA compliant manner.

How do I sign up?

Email healthyhearts@uchealth.org

For questions call **970.624.1680** or visit uchealth.org/healthyhearts

Scan to see
our program
in action!



"I really liked how interactive we were able to be! I also liked how we got to test our cholesterol levels and we were able to learn how to perform CPR. Thank you all for everything you guys did for us!" *-Middle School Student*

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