

HEALTHY HEARTS AND MINDS

High School Program

uchealth

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, height, weight, 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 loved this program and the important information it taught us, it was also an amazing opportunity to get to know my body better. Thank you." *-High School Student*

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