



2009 NATIONAL HEART HEALTH MONTH PLEDGE FORM

We are proud to be joining CCDPH and the American Heart Association in the fight against the #1 killer of men and women in the United States. We pledge to: (check all that apply)

- Ask our employees to wear red on February 6th** (or another day of significance in February) in honor of National Heart Health Month and the Go Red For Women Movement.
- Distribute health information to our employees and their families.** Feel free to make copies of the enclosed 1-pager, 2009 National Heart Health Month: Take Action to Prevent Heart Disease
- Promote worksite wellness.** We will identify and support programs for employees and/or work to develop and implement policies such as providing healthy food options at meetings, encouraging our employees to walk during their lunch hour, or supporting a smoke-free environment. For additional information on resources and technical assistance that CCDPH can offer, please contact Crystal Geris, MPH, CCDPH Health Educator, at 708-492-2007.
- Other** (Please describe): _____

Please fill out the following information:

Name: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Fax: _____

Mail, fax or e-mail this form no later than Friday, February 6th to:

Cook County Department of Public Health

Health Promotion Unit

1010 Lake St, Suite 300

Oak Park, IL 60301

Fax: 708-492-2913

cgeris@cookcountygov.com