



## 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 congregation members to wear red on a specific Sunday in February** in honor of National Heart Health Month and the Go Red For Women Movement.
- Distribute health information to our congregation members or post on a bulletin for congregation members to see.** Feel free to make copies of the enclosed 1-pager, 2009 National Heart Health Month: Take Action to Prevent Heart Disease.
- Promote wellness in your congregation.** We will identify and support programs for our congregation and/or work to develop and implement policies such as providing healthy food options at events or meetings 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: \_\_\_\_\_

Congregation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mail, fax or e-mail this form no later than Friday, February 6<sup>th</sup> 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