



Health for Hearts United
LEADERSHIP INSTITUTE
(HHU Lead Project)

Training Session 2
June 14, 2014

Funded in part by the National Institute on Minority Health & Health Disparities
Center on Better Health and Life for Underserved Populations, Florida State University
In conjunction with Florida A&M University and the University of Georgia

TRAINING SESSIONS

- Three Key Messages
 - May 31: Training Session
 - Take Charge of Your Health:*
 - *Increase knowledge*
 - *Know resources*
 - *Get empowered*
 - June 14: Training Session 2
 - Eat Better*
 - June 28: Training Session 3
 - Move Around More*

PROPOSAL FOR CONDUCT OF TRAINING SESSIONS

- Interactive & participatory
- Learn from each other (co-learning)
- Hands on with immediate application
- Provide information on two levels: personal health & health ministry development
- Access to advanced information to grow in knowledge
- Make-ups provided
- Tracking of progress

MAKE-UPS

- If a session is missed, we will provide you with the materials and make-up questions for you to complete. Also, one make-up packet will be prepared for each church for your use. Suggested due date for make-ups: **July 31, 2014**
- This same information will be provided via our HHU Lead web portal.
- DVDs of the presentations from Training Session 1 are forthcoming and also will be posted on the HHU web portal.



What should the “short name” be for the project? One short name we’ve heard from community:

“Healthy Hearts”

Do you have other ideas? Please think about this and share your ideas.