



279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8

Tel 306-244-2124
Toll-free 1-888-473-4636
Fax 306-664-4016
heart.stroke@hsf.sk.ca
www.heartandstroke.sk.ca

Date: July 9th, 2010

To: Health Promotion Contacts

From: Cora Janzen
Senior Manager, Health Promotion

Re: **New Facilitator Training – October 14 & 15, 2010**



The mission of the Heart and Stroke Foundation of Saskatchewan (HSFS), which is a volunteered-based health charity, is to lead in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy.

One way in which the Foundation addresses our mission statement is through our secondary prevention programs, Living with Stroke™ and Heart to Heart™. These programs were created to enhance recovery and reduce the risk of individuals experiencing subsequent heart and/or stroke events by addressing the risk factors for these conditions, providing the information and support necessary for making appropriate lifestyle changes.

Having trained Facilitators from your health region offer these programs will benefit the residents of your region who are living with these chronic conditions. Furthermore, when more people are successful in managing their risk factors, and therefore avoiding repeat events, you will experience a positive impact on your health region's budget. In other words, the opportunity to make a small investment in secondary prevention post-stroke and post-heart attack will result in savings in acute and long-term care at the other end of the scale.

The Heart and Stroke Foundation of Saskatchewan is offering Facilitator Training for both of these programs in Yorkton:

- Conference room of the Yorkton & District Nursing Home (200 Bradbrooke Drive)
- **October 14th** – registration at 4:30 pm until ~8:30 pm (supper included)
- **October 15th** – 8:00 am until ~4:00 pm (continental breakfast and lunch included)

The cost of the training is \$150.00 which is designed to offset the travel expenses of the trainers, meals, nutrition breaks, materials, etc.

Individuals attending the workshop will learn about planning, promoting and marketing Living with Stroke™ and Heart to Heart™ as well as the practice of group facilitation.

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The Heart and Stroke Foundation of Saskatchewan supports the Living with Stroke™ and Heart to Heart™ Facilitators in a variety of ways, such as providing the necessary program and promotional materials, yearly updates, quarterly newsletters and by posting the upcoming programs on our provincial website. The Facilitators are strongly encouraged to contact the Heart and Stroke Foundation of Saskatchewan for any additional help that they may require.

If you would like to send a staff member and/or encourage a colleague to attend this training, please feel free to share this information with them. They can contact Cecile Comeault (comeaultc@hsf.sk.ca; ext 246) at the Heart and Stroke Foundation of Saskatchewan to register for this event by **October 1st, 2010**.

***Please note there will be a small package of materials to review prior to attending the training. This package will be sent to the individual when they register.**

Sincerely,

A handwritten signature in black ink, appearing to read 'C. Janzen', with a stylized flourish at the end.

Cora Janzen
Senior Manager, Health Promotion
Heart and Stroke Foundation of Saskatchewan
1-888-473-4636 (ext 240)
janzenc@hsf.sk.ca