Northeast District Dept of Health and HealthQuest Northeast CT

Working Collaboratively to Create a Healthy Community
Local Public Health System
Heart Disease is the Number One Killer of Women... We’ve launched a community counter-attack

Follow the Fifty
MODELS OF HEART HEALTH
Heart Disease is the Number One Killer of Women... we’re launching a community counter-attack!

Follow the Fifty
MODELS OF HEART HEALTH

The Heart Truth® Community Casting Call

WANTED: Fifty (50) women, ages 25-60, from northeastern Connecticut to become models of heart health!

- Getting healthy has never been more fun! Become a part of our Follow the Fifty community-wide health initiative and lower your risk factors for heart disease.
- Enjoy an entire year of heart-healthy activities, events, trainings, presentations, and social opportunities designed to improve your health and empower others to follow your example as a community role model.
- There are plenty of supporting roles for other women and men, too! Community Coaches and Cheerleaders are also needed to build Heart Truth Teams. Families, businesses, civic groups and organizations are encouraged to Follow the Fifty by sponsoring/supporting a model.

Do you have the heart to do it?
If so, call Northeast District Department of Health at 860-774-7350 or email: contactus@followthefifty.org
www.followthefifty.org

SAVE THE DATE!
Saturday, December 1, 2012
Hyde Cultural Center, Woodstock, CT
All 50 models appear in the Red Dress Divas in December Holiday Spectacular & Community Celebration, a festive concert, fashion show and fundraiser, produced by Broadway Live Productions!

Follow the Fifty is a public health partnership of:

FNIH
THE HEART TRUTH™
National Heart, Lung, and Blood Institute
People Science Health
SDCS

Sponsored by a grant from the Foundation for the National Institutes of Health as part of a public-private partnership with the National Heart, Lung, and Blood Institute to promote The Heart Truth, a women’s heart health awareness and action campaign. Funding is provided by individuals and corporations including The Heart Truth partners: Bank Department Stores, Diet Coke, and Swarovski. ©The Heart Truth logo, and The Red Dress are registered trademarks of HHS.
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Follow the Fifty
MODELS OF HEART HEALTH
The Follow the Fifty Pledge

“I am a model of heart health. I pledge to honor my body, mind and spirit; and promise to live my life in a way that will inspire others to follow my example. My life is in my health, my heart, and my hands.”
Follow the Fifty: Models of Heart Health

I am a model of heart health. I pledge to honor my body, mind, and spirit; and promise to live my life in a way that will inspire others to follow my example. My life is a model of heart health.
Heart Disease is the #1 Killer of Women.
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Follow the Fifty
MODELS OF HEART HEALTH
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Ask me why I'm Following the Fifty.
Follow the Fifty
MODELS OF HEART HEALTH
RED DRESS DIVAS HOLIDAY SPECTACULAR!

FEATURING VOICES AND FRIENDS IN CONCERT

NOVEMBER 30 & DECEMBER 1, 2012 - 8:00PM

HYDE CULTURAL CENTER, WOODSTOCK, CT

FOR TICKETS CALL - 860-377-6870

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Follow the Fifty Models of Heart Health

www.followthefifty.org

Proudly Presented In Partnership with:

THE HEART TRUTH
NDDH
FNIH
WESTVIEW
Broadway Live Productions
Follow the Fifty

A sisterhood of Connecticut women have pledged to be models of heart health and inspire others to follow their lead. The Heart Truth™ Community Action Program has made their achievements possible.
Second Look
See if you can find the differences in these two pictures

RED-ANCE!
A galaxy of stars illuminated the Feb. 6 Heart Truth fashion show in New York City. On hand were Wendy Williams (left), Cindy Crawford, Jillian Michaels, Nastia Liukin, Minka Kelly, Kendall Jenner, and Kylie Jenner. Tami Braxton, Kris Jenner, Kelly Osbourne, Brenda Strong, Torah Bright, Gabrielle Douglas, Soledad O'Brien, Roselyn Sanchez, Jamie Chung and Savannah Guthrie.

10 CHANGES KEEP SCORE

[Images of two groups of women in red dresses, one with differences highlighted]
The Power of One

• http://www.youtube.com/watch?v=wlo2keha8f0
DVD Trailer

• http://www.youtube.com/watch?v=dsio1wrDhlA
Be a Model of Health Campaign

Feel your best

NIDH / HQ

12/21/11. This little paper turned out to be worth $100,000.00! Better than a lottery ticket!