



**Minnesota Women of Today**  
**2023-2024 Plan of Action**  
**Women's Wellness**  
**State Program Manager**  
**The Beat Goes On**

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## Goals and Implementation

### 1) Goal 1: Increase awareness of living a heart healthy life

- a) Know signs and symptoms of heart disease in women.
- b) Smoking Cessation
- c) Know your numbers: Blood Pressure, Cholesterol
- d) Heart Healthy Diet & Exercise
- e) Challenge Chapters, Districts, Exec Council to serve heart healthy snacks in each trimester.
- f) Promote through CIPs, Monthly emails, Facebook posts on MNWT Programming page, articles in Newsletter.

### 2) Goal 2: 1. Encourage knowledge and practical application of Basic (hands only) CPR

- a) Feel confident in ability to help, should you find yourself in an emergent situation (until EMT's arrive)
- b) Host Enrichment Session at Fall State
  - i) Taught by AHA Certified CPR Instructors – learn the basics of (non-certified) Hands only CPR

### 3) Goal 3: Receive Nominations for Lois M. Christensen Women Who Impact Award (at least one per district)

- a) Raise money for the Lois M. Christensen Women Who Impact Award
  - i) Drawing for a Heart Healthy Basket at Fall State Project Fair

### 4) Goal 4: Spare Change Fundraiser for American Heart Association (AHA)

- a) Encourage Chapters, and Districts to raise money to be donated to the American Heart Association
- b) Wear Red for Women's Heart Health Challenge
  - i) Each member who wears red to the chapter or district meetings during the months of January and February, will make a donation of at least a quarter (\$.25) in the kitty (may make a larger donation).
  - ii) Goal is to raise at least \$200.00 for AHA