



- Be patient setting up sessions... my regular monthly session took 3 years to build!
- Use the help offered by GrapeVine staff
- Invite anyone & everyone (even friends)
- No group is too small one person can make a huge difference!
- Include and encourage diversity in attendants
- Try to find places where women already congregate (Community Centers, libraries, YMCA/YWCA
- Any excuse to gather is a good reason
- Reminder to registrants two days earlier is very helpful
- Anticipate more/less people than who registered

∋ What to Bring

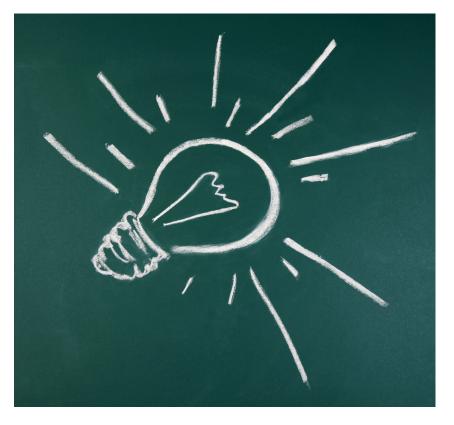


- Extension cord
- Pens
- Extra materials
- Clipboards for sign-in
- Light food/refreshments
- Water bottle
 Contact info and business cards
- Someone to help with check-in and handouts (could be a student who needs volunteer hours

🕑 Preparation



- Review materials and slides beforehand, at least twice
- Dress appropriately for the temperature
- Arrive early to get familiar with the room and equipment
- Always check your technology ahead of time and be prepared for "plan B"
- Be prepared for technical difficulties and be willing to just follow the printed powerpoint slides
- Check your audio and visual needs prior to your presentation
- Load any video clips separately before the class so you have another option if the link doesn't work



GRAPEVINE SESSION PRESENTATION TIPS

Collected from partners during the 2018 Annual Survey

Facilitation

- Bring along a local expert to offer additional information and to answer questions
- Present with a friend- there is always someone who needs extra attention, and then all who come are greeted/thanked
- If nervous, do a session with someone helping you
- Start on time, and be aware of the clock
- Plan on people walking in late
- Make time for questions and answers
- May need to tell the audience to "save questions for the end," if they are chatty or like to tell personal stories
- Find out some things about your audience: the number of participants, their ages, etc.
- Don't read every word; gauge your session to your audience
- Feel free to add in personal stories to get points across people love to relate to others
- Encourage participation from everyone
- Speak slowly and loudly
- Visual items work great
- Go with the flow
- It's not the end of the world if you don't know the answer to a question. Don't be afraid to say "I don't know," & follow up with an answer later
- Practice saying ahead of time, "I cannot give out medical advice. Please check with your medical provider."





- Ask if you can take a photo of the group
- Explain why it is important to complete the session survey
- Don't give the incentive until the end, AFTER participants complete the survey
- Make sure both sides of the survey are completed
- Use folders to organize handouts and resources
- Provide local resources in your area
- Choose a few handouts for everyone, then set up a resource table some people want to browse to learn and not take home as much paper even though excellent resources
- Give all handouts at the beginning in a packet
- Take notes to use when submitting your Session Report Form
- Return your Session Report Forms to the WWHF right away

UNIT SPECIFIC TIPS

Bone Health



- Empty dairy containers to show the amount of calcium. People are surprised to see calcium in heavy cream.
- The fun bone facts provided with the nurse presentation resources are great. I have started to use them in other presentations.
- Do your best to model easy but important exercises that can be done anywhere with the resistance band.
- We have offered to stay after to go over some of the exercises using the bands to make sure they know how to correctly use them!

Brain Health

• I have brought a cauliflower for this unit (represents the average size of a human brain).

Breast Health

• Check to see if the Breast Simulator is available from WWHF, my attendees loved it!

Diabetes Prevention

- I bring my NASCO food samples to especially highlight variety and color of veggies.
- I bring an empty plastic soda bottle (16 oz) with sugar in it to depict how much sugar is in a serving of soda.

Gynecologic Cancers

• This is a serious and important topic. However, the subject is still uncomfortable for many women to talk about. Try to make it light-hearted and create a safe place for discussion.

Heart Health

- I like bringing the enlarged slide showing the heart and a clogged artery and heart attack.
- I like to share a MyPlate example.

Mental Health

- The audience loves the self-assessments.
- People may not engage in the audience participation part so have a backup plan.

Opioid Misuse Prevention

• Allow for enough time, people were very engaged with this topic and had a lot of questions.

Oral Health

• I asked a local dental hygienist to attend my session to help answer questions.