

## - Volunteer Nurses Who Want To Make An Impact -

### What is GrapeVine?

- A program of the Wisconsin Women's Health Foundation that trains nurses to lead health education sessions throughout Wisconsin communities.
- The goal is to educate Wisconsin women and their families about disease prevention and healthy lifestyle changes.



### How will GrapeVine benefit me, as a nurse?

- Receive free, evidence-based training on women's health topics.
- Utilize your clinical background and expertise to lead health education sessions, including:
  - Advance Care Planning - Bone Health - Brain Health - Breast Cancer -
  - Coping with Stress Through Journaling - Diabetes Prevention - Gynecologic Cancers - Heart Disease & Stroke -
  - Mental Health - Nutrition - Opioid Misuse Prevention - Self Care - Sleep -
- Serve as a resource for health information and strengthen relationships with community members.
- Attend our Annual GrapeVine Conference: A two-day event for GrapeVine partners including respected speakers, panel discussions, exhibits, training, and more!

*“Teaching health promoting concepts has always been a natural and important part of my nursing practice. The GrapeVine community education programs were the perfect fit to enhance and expand the efforts of health promotion and disease prevention education.” - GrapeVine Nurse*

### How does GrapeVine impact my community?

- Each year, GrapeVine reaches over 2,000 Wisconsin women with information to help prevent and reduce risk for disease. Healthier individuals, create healthier communities.
- 99% of participants feel motivated to improve their health after attending a GrapeVine session.

*“Thanks to the materials and GrapeVine training you provided, I was granted a new chapter in my life. Two stents repaired my heart, but it was you who saved my life.” - Heart Attack Survivor*

### What am I committing to as a GrapeVine partner?

- Watch our online Orientation Video.
- Sign an annual Memorandum of Understanding (MOU).
- Use provided materials to present (at least) two one-hour education sessions in your community, annually.

**Interested in presenting GrapeVine sessions in your Wisconsin community?**

**Contact: Chelsea Tibbetts**

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