

WHAT IS GRAPEVINE?

GrapeVine is a community-based chronic disease prevention program dedicated to helping Wisconsin residents achieve their healthiest potential, at any age. We partner with local healthcare professionals and connect directly with community members to share relevant, reliable, accessible health information, support, and resources.

The following is a list of the current GrapeVine health topics, as well as a brief description of what is covered within each 1-hour education session. Handouts and related resources are available for participants.

ADVANCE CARE PLANNING: IT'S ABOUT THE CONVERSATION

Advance care planning is a process of understanding, reflecting on, and discussing future medical decisions regardless of age and current health status. All adults (18 and older) should think about, discuss and create an advance care plan. Having an advance care plan is truly a gift for yourself and others. *Note: Advance Directive forms will be provided but will NOT be completed during the session. Information on where and how to complete this document will be covered during discussion.*

HEALTHY BONES, HEALTHY YOU

Good bone health is important for overall wellness and longevity. This session has a special emphasis on osteoporosis and steps families can take to reduce their risk and stay healthy.

BETTER BRAIN HEALTH

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

NAVIGATING BREAST HEALTH: BREAST CANCER PROTECTION TO DETECTION

Many factors are linked to breast cancer and it's important to know how to reduce risks. Participants will learn screening recommendations and how to advocate for care. This session has a special emphasis on the issues and steps that women face prior to breast cancer diagnosis.

PREVENTING TYPE 2 DIABETES

Did you know that more than 1 in 3 people have prediabetes? If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition! Think of prediabetes as your window of time to take action and prevent further health complications. In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.

GYNECOLOGIC CANCERS: GOING PUBLIC WITH PRIVATE CONCERNS

The stigma of talking about gynecologic cancers needs to be addressed, and this session aims to remove it. Participants will learn about the risk factors and warning signs of the five main types of gynecologic cancers, as well as how to protect themselves and others from these cancers.

HEART DISEASE & STROKE: LIFE-SAVING LEARNING FOR WOMEN

Cardiovascular conditions like heart disease and stroke kill 1 in 3 women each year, but because there are no warning signs, many women are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.

COPING WITH STRESS THROUGH JOURNALING

Stressed out? This session will discuss chronic stress and its impact on physical and mental health. Participants will be introduced to and practice journaling as a coping technique to protect their well-being.

MENTAL HEALTH: WHAT IF WE TALKED ABOUT IT?

Mental health is an important part of overall wellness. By having an open conversation about mental health, we hope to remove stigma and encourage important action.

CHANGE YOUR DIET MINDSET: THE BASICS OF A HEALTH EATING PATTERN

We all know that we should eat well, but what does that really mean? With a focus on long-term solutions instead of short-term diets, learn about the basics of a healthy eating pattern.

OPIOID MISUSE PREVENTION: WHAT'S IN YOUR MEDICINE CABINET?

Opioids are one of the most prescribed drugs in the United States. Sadly, they are also one of the most abused. In this session, learn more about how opioids affect the body and how you can keep yourself and those you love safe from misuse and other consequences.

SELF-CARE: AWARENESS, ACKNOWLEDGEMENT, ACTION

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This session will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities.

BETTER SLEEP: WHAT'S GETTING IN THE WAY?

1 in 3 American adults fails to get enough sleep. Are you one of them? Join us for this session to discuss what's getting in the way of better sleep and what you can do about it.

GrapeVine is a program of the Wisconsin Women's Health Foundation.

www.wwhf.org/grapevine