

# GrapeVine

## ABOUT US:

GrapeVine trains nurses to lead health education sessions in their communities. Each year, 100 volunteer nurses reach over 1,500 women at 120 local sessions across the state. Nurses complete annual training on WWHF curricula developed with input from academic partners. Nurses then use the GrapeVine toolkits to provide free one-hour education session on women's health topics. Sessions can include seminars, book club discussions, small group meetings and more. The goal of GrapeVine is to educate Wisconsin women about disease prevention and healthy lifestyle changes.

## GRAPEVINE UNITS:

ADVANCE CARE PLANNING • BREAST CANCER • HEALTHY AGING BRAIN  
DIABETES PREVENTION • GYNECOLOGIC CANCERS • HEALTHY RELATIONSHIPS  
HEART HEALTH • MENTAL HEALTH: ANXIETY & DEPRESSION • ORAL HEALTH  
OSTEOPOROSIS • SUPPORTING BREASTFEEDING • SELF-CARE

INTERESTED IN LEARNING  
MORE?

<http://www.wwhf.org/grapevineproject>

NORA MILLER  
PROGRAM MANAGER  
608.251.1675x103  
nmiller@wwhf.org

# 2017 ANNUAL GRAPEVINE CONFERENCE

JULY 24TH & 25TH  
SHERATON MADISON HOTEL



## HEALTHY AGING BRAIN

Learn how to reduce dementia risk and keep the brain healthy with simple tips on physical health, nutrition, mental stimulation, and social engagement.



## BREAST CANCER

Learn factors linked to breast cancer and how to reduce risk. Includes screening recommendations and how to advocate for care. Emphasis is on the issues and steps that women face prior to a diagnosis.



## SELF-CARE THROUGHOUT THE LIFESPAN

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This unit will educate women of all ages on the steps they can take for balanced physical, mental, and emotional health amidst everyday responsibilities.