

# CHAP NEEDS YOU

## What is Chap?

The Cardiovascular Health Awareness Program (CHAP) is a community based volunteer program that brings together local family physicians, pharmacies, public health representatives, volunteers, and community organizations to work as partners to promote and actively participate in the prevention and control of heart disease and stroke.



CHAP is made available, free of charge, to all senior community residents. CHAP offers opportunities for multiple blood pressure readings, as well as health promotion and education to prevent heart disease and stroke. Sessions are run in local pharmacies and other community settings.

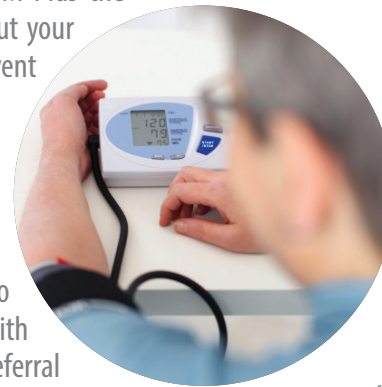
## What do Volunteers do?

CHAP is a community-based program that brings together local family physicians, pharmacies, public health representatives, volunteers, and community organizations to work as partners to promote and actively participate in the prevention of cardiovascular disease.

## How Can You Get Involved?

Volunteering to help with CHAP is a short-term commitment of a few hours a month. No medical background is necessary. A community health nurse will provide all the necessary training. You will learn about blood pressure and heart health, and help to educate others. Plus the opportunity to learn more about your own heart health and how to prevent heart disease and stroke.

A community health nurse is on-call during the sessions, and a recommendation protocol, established in consultation with participating family physicians, is used to guide re-assessment of participants with very high or low readings and to ensure referral for follow-up. Additional educational materials and community-specific resources related to healthy eating, physical activity and smoking cessation are also made available at the session.



## For more information, call:

Name, Local CHAP Coordinator

Telephone Number: xxx-xxxx

E-mail Address: xxxxx@xxxxxxxxxxx

[www.chaprogram.ca](http://www.chaprogram.ca)

The Cardiovascular Health Awareness Program (CHAP) is an initiative of the Department of Family Medicine, McMaster University; the Élisabeth Bruyère Research Institute, a University of Ottawa and Bruyère Continuing Care Partnership; the Department of Family Medicine, University of British Columbia; and the Team for Individualizing Pharmacotherapy in Primary Care for Seniors.

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**Cardiovascular Health Awareness Program**  
**Programme de sensibilisation à la santé cardiovasculaire**