

BREAKING THE CYCLE:

The Impact of Tobacco and Substance Abuse on Heart Health

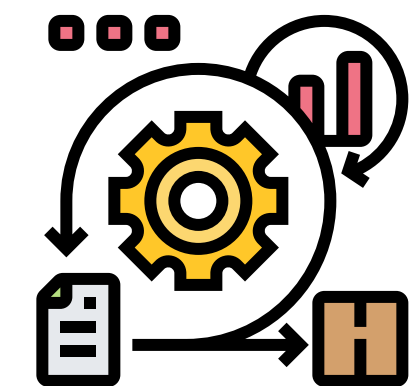
INTRODUCTION:

Tobacco use and substance abuse can have a serious impact on our overall health, and this is especially true when it comes to the health of our hearts. In this training, we will explore the effects of tobacco and substance abuse on heart health and discuss strategies for reducing the risk of heart disease.

By the end of this session, participants will have a better understanding of the relationship between tobacco and substance abuse and heart health, and will have the tools they need to make informed decisions about their own tobacco and substance use.

Content Outline:

- Understanding the link between tobacco and substance abuse and heart health
- The short-term and long-term effects of tobacco and substance abuse on the heart
- Strategies for reducing tobacco and substance use, including resources for support and assistance
- The importance of addressing tobacco and substance abuse as part of a healthy lifestyle



Methodology:

This training will be a combination of lecture and group discussion.

There will be handouts and resources provided to help participants apply the concepts covered in the session.

There will also be time for Q&A at the end of the session.

Conclusion:

By the end of this training, participants will have a comprehensive understanding of the impact of tobacco and substance abuse on heart health and will be able to make informed decisions about their own tobacco and substance use.

They will have the knowledge and skills to identify resources for support and assistance and will be able to prioritize their heart health by addressing tobacco and substance abuse as part of a healthy lifestyle.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

