

Health Promoters Classes Coming to Willcox!

The Legacy Foundation of Southeast Arizona is committed to our mission of improving population health and community wellness throughout Southeast Arizona.

Toward achieving this goal, we are introducing a new community program: **Health Promoters!**

A Health Promoter is a *non-medical* member of a small community, organization, or group of people who has an interest in promoting health and wellness, encouraging healthy lifestyles, and guiding their community members to appropriate health resources.

Who can be a Health Promoter?

Examples of a Health Promoter are:

- ◆ A volunteer or an employee of a non-profit organization
- ◆ A member or members of a church
- ◆ Designated employees of a business
- ◆ An apartment complex manager
- ◆ Members of a neighborhood

People Helping People



These are “go-to” people who are trained to help connect people to community resources.

This series of 8 classes is taught by local experts and provides basic health education in the following topics: **Healthy Living, Hypertension, Taking Medications Correctly, Prenatal and Well-Baby Care, Diabetes, Mental and Emotional Health, Nutrition and Exercise, & Sexually Transmitted Infections.**

Each class also teaches information about local community resources!

Classes are Fridays beginning on March 23rd.

Class time is from 1:00 PM—3:00 PM

Class location is Northern Cochise Community Hospital

YOU MUST BE REGISTERED TO PARTICIPATE!

Registration deadline is MARCH 9th, 2018.

For more information or to register contact:

Becky Smyth - 520-335-6015 or e-mail becky.smyth@lfsaz.org

There is NO COST to participate.

Health Promoters do not provide hands-on medical care.

They are not trained to make medical decisions or provide medical instruction.