

Health Promoters

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 benefit program: **Health Promoters!**

Who is a Health Promoter?

A Health Promoter is a *non-medical* member of a small community, organization, or group of people.

Examples of who could become a health promoter are:

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

People Helping People



A Health Promoter promotes health and wellness, encourages healthy lifestyle, and guides their community members to appropriate resources.

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

This program provides basic health education in the following topics:

Session 1:	A Healthy Living overview	Session 5:	Chronic Disease, Diabetes
Session 2:	Hypertension	Session 6:	Mental and Emotional Health
Session 3:	Taking Medications Correctly (aging)	Session 7:	Nutrition & Exercise
Session 4:	Prenatal and Well Baby Care	Session 8:	Sexually Transmitted Disease

Health Promoters do not provide hands-on medical care. They are not trained to make medical decisions or provide medical instruction.

NOW OFFERING CLASSES IN DOUGLAS!

Classes begin Friday June 16th and end August 4th.

Class time is from 10:00 AM until Noon

Class location is the Douglas Public Library, 560 E. 10th St.

There is NO COST to participate.

Classes are underwritten by the Legacy Foundation of Southeast Arizona

YOU MUST BE REGISTERED TO PARTICIPATE! Seats are limited.

For more information or to register contact: Becky Smyth at 520-335-6015

Or e-mail becky.smyth@lfsaz.org

