

Health Promoters Classes Coming to Bisbee!

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!**

Who is a Health Promoter?

A Health Promoter is a *non-medical* member of a small community, organization, or group of people. A Health Promoter promotes health and wellness, encourages healthy lifestyle, and guides their community members to appropriate resources.

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.

Taught by local experts, this program 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!

NOW OFFERING CLASSES IN Bisbee!

Classes are each Friday beginning September 15th and ending November 3rd.

Class time is from 1:00 PM—3:00 PM

Class location is Copper Queen Library

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

There is NO COST to participate.

Classes are underwritten by the Legacy Foundation of Southeast Arizona

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

