

Community Health Workers

What is a Community Health Worker?

Community Health Workers (CHWs) are *trusted* members of the community who have a personal understanding of the community they serve. CHWs promote healthy living and work with people to connect them to services.

How does someone become a Community Health Worker?

The CHW Program offers an in-person training to interested community members. Participants develop outreach skills and learn about health promotion and disease prevention. Classes are offered yearly, in English and Spanish. Participants:

- **Learn** how the body works
- **Apply** preventive health knowledge
- **Practice** outreach skills in their community
- **Connect** directly with local agencies and services
- **Take away** an up-to-date resource notebook, blood pressure cuff, new friends and networks, and more!



What do trained CHWs do?

- **Serve as a community resource** on a variety of health topics
- **Belong** to the regional group of CHWs
- **Have access** to continuing education and outreach opportunities
- **Link** friends, family, neighbors, and members of the community to needed services and programs.

For more information on CHWs or to find out about the next training, please call: (434) 972-6241.



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