Practical tips for getting it DONE: Diabetes, Obesity, Nutrition & Exercise

According to the Centers for Disease Control & Prevention, being overweight/obese increases the risk of becoming diabetic.

Course Objectives

Preparing CHWs/Promotores with practical tips for getting it DONE

Students will learn how to:
- Identify common excuses & barriers to being healthy
- List & explain ways to effectively address common excuses & barriers for chronic health issues & health behaviors
- Tailor practical tips and strategies to address chronic illnesses in their communities

Contact & Pricing Information:
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In-person & online trainings are available. Visit us at:
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