

HEALTHIER CHOICES = HEALTHIER COMMUNITIES

*...“We can help create a culture – imagine this – where our kids ask for healthy options instead of resisting them.”
– Michelle Obama*



Course Objective:

Preparing CHWs/*Promotores* with nutritional knowledge and physical activity skills to encourage healthier eating in their communities.

Students will learn how to:

- ✚ Define “healthy”
- ✚ Understand and apply the concept of energy balance as it relates to nutrition
- ✚ Identify recommended portion and serving sizes
- ✚ Identify strategies for shopping at a grocery store
- ✚ List benefits of and examples of maintaining a healthy weight for life and understand the role of physical activity in weight maintenance

CHW Training
4 DSHS Certified CEUs



Contact & Pricing Information:

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In-Person & Online Trainings are available. Visit us at: <http://nchwtc.tamhsc.edu/>

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