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:
NCHWTC 979-436-9360 CHW-Training@sph.tamhsc.edu

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

Register Online at: http://nchwtc.tamhsc.edu/become-a-student/