

# HIDALGO FIT

According to the Centers for Disease Control and Prevention, about 75% of US health care spending is for treating chronic diseases, which are the nation's leading cause of death & disability.



## Course Objectives

Preparing CHW/*Promotores* to understand & share Healthy Habits for Life

Students will learn how to:

- Gain strategies to improve cardiovascular health
- Incorporate physical activities to their daily lives
- Prevent and control chronic diseases
- Access immunizations and immunization schedule information

**CHW Training**

**2.5 DSHS Certified CEUs**

**CONTACT & PRICING  
INFORMATION:**

**NCHWTC**

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