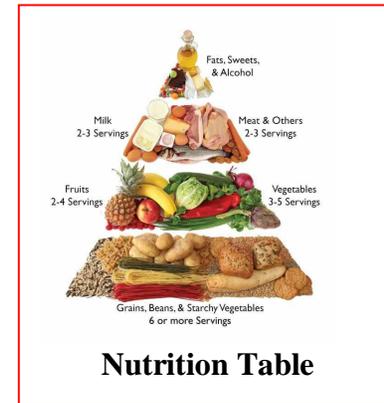


## COMMUNITY HEALTH WORKERS BASIC LEVEL TRAINING



**May 26 – Memorial Day Weekend. Rest**

**First Aid and CPR – June 2 and 9, 2012**

**Presenter:** *Carol Coie*  
*American Heart Association*

- \* What can we do while help arrives in case of accidents?
- \* Training and certification by the American Red Cross
- \* Basic training on emergencies and accidents
- \* What is the role of the Community Health Worker with regards to this issue?

**Alcohol and Drug Abuse – June 16, 2012**

**Presenter:** *Craig Gaspard*  
*BOLD Coalition*

- \* Why is it important to talk about this issue?
- \* What is alcohol and drug abuse?
- \* What is the role of the Community Health Promoter with regards to this issue?
- \* How does alcohol and drug abuse affect our communities?
- \* What resources do we have to find help?

**Graduation Ceremony – June 23, 2012**



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## TRAINING CURRICULUM



### **Introduction – April 14, 2012**

**Presenter:** *Francisco Ramos, Executive Director  
United Interfaith Action (UIA)*

- \* Welcome and Introductions
- \* Ice Breaker
- \* Sharing life experiences
- \* Expectations of the training
- \* Overview of the Curriculum

### **Nutrition – April 21, 2012**

**Presenter:** *Pat Bebo  
UMass Amherst Nutrition Extension*

- \* Why is it important to talk about this issue?
- \* How is the nutrition of our families affected if we don't have enough financial resources?
- \* What are the different food groups?
- \* What is considered a balanced diet?
- \* How can we cook our foods in a healthy manner?
- \* What is the role of the Community Health Worker with regards to this issue?

### **Chronic Illnesses and Healthy Lifestyles – April 28, 2012**

**Presenter:** *Martha Gonzalez, NB Comm. Health Center  
Jessica Polana, Diabetes Association  
People Inc.*

- \* What are the most common chronic illnesses?
- \* What does it mean to have a healthy lifestyle?
- \* How does exercise, or lack of exercise, affect our health?
- \* How what we eat affect our health?
- \* What is the role of the Community Health Worker with regards to this issue?
- \* How could we help our community develop healthy lifestyles?

### **Cancer Detection and Prevention – May 5, 2012**

**Presenter:** *Ana Silva  
New Bedford YWCA*

- \* Why is this topic important?
- \* What types of cancer do we need to be aware of?
- \* How does this issue affect our community?
- \* What local resources there are to take care of ourselves?
- \* What is the role of the Community Health Worker with regards to this issue?

### **Community Resources – May 12, 2012**

**Presenter:** *Jamison Souza, CDRec  
Keisha DeJesus, SSTAR Health Center*

- \* Summary of resources mentioned in the past sessions
- \* What other health resources there are in the local community?
- \* The most important resource in the local community: Trained Community Health Workers
- \* What is the next step in this process?

### **Self-Esteem and Personal Development – May 19, 2012**

**Presenter:** *Tatyana Gorodetsky  
Outreach Worker Training Institute*

- \* What is Self-Esteem?
- \* What is Personal Development?
- \* Why should they be important to me?
- \* If I don't develop, how am I affected?
- \* Opportunities for personal development in my local area?
- \* How does my personal development relate to the well being of my community?