



Your Health Matters!

Take Charge of Your Health

A Free Health Literacy Workshop Series

Health Literacy is the ability a person has that helps them **find, manage, understand, and use** basic health information and services needed to make appropriate health decisions.

Learn more about:



Local health care and human resources services



Getting the most out of your doctor visits



Health insurance and other programs



Using medications and prescriptions



Support health and wellness



Healthy living: good nutrition and healthy eating

Who: Everyone is Welcome!
What: Fun Educational Workshop! It's a workshop, but it's not work!
When: Monday June 10th, 17th, 21st
Where: Covenant Villas
601 Covenant Dr. Belle Glade, FL 33430
Time: 12:30 – 2:00 pm

Each workshop consists of 3 weekly sessions with up to 15 participants.

Healthy snacks, giveaways and *Certificates of Completion* included.



Contact us to learn more:
863-532-3099
or mrangel@lorhn.org

