



# Your Health Matters!

## *Take Charge of Your Health*

### A Health Literacy Workshop Series

*Health Literacy* is the ability a person has that helps them **find, manage, and understand** 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:** Tuesday's 7/30, 8/6, 8/13 (attend all sessions)
- Where:** Bridges at Pahokee  
170 S Barfield Hwy Pahokee, FL
- Time:** 4:30 – 6:00 pm

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

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



Call/text to sign-up:  
863-532-3099  
or [mrangel@lorhn.org](mailto:mrangel@lorhn.org)

