



# 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:** Weekly 1.5-hour sessions for three weeks
- Where:** Workshops will be scheduled in your community in the coming weeks and months, let us know if you're interested, and we'll call you to reserve a seat!
- Time:** To be announced

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:  
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