

Health Outreach and Education



Senior Health Education, Prevention, and Wellness Program

This program, in partnership with local senior centers and housing communities, offers educational sessions in both English and Spanish. The sessions cover essential health topics such as nutrition, heart health and hearing loss. They also foster interaction between community members, family medicine residents, and health care professionals to promote healthy lifestyles and prevention.

Your Heart, Your Life - Live Fit Program

This three-week series is designed to prevent heart disease and support individuals with chronic conditions such as diabetes and hypertension. Topics covered include heart disease risk factors, stroke signs, lifestyle changes and nutrition. Participants' weight and blood pressure are measured at the beginning and end of the series to track improvements. The program is offered in both English and Spanish.

Breast Health Education and Outreach

This program provides participants with the knowledge and practical tools to navigate breast cancer prevention and awareness. It includes the distribution of educational materials at local community health fairs, breast health and breast cancer presentations at community sites, and one-on-one education over the phone. Presentations and services are available in both English and Spanish.

Helping Address Breast Health Awareness

This program provides outreach to individuals who are overdue for screening, need follow-up appointments or have had a positive biopsy for breast cancer. Services include phone calls, social and emotional support, case management, hospital and home visits, letters sent to patients and providers, mailed educational materials, community resources and breast cancer supplies (e.g., medical record binders, caps, wigs, bras, hats, mastectomy pillows, etc.).

Promotoras in Action: Prevention, Education and Wellness Program

This program offers monthly educational sessions for local Promotoras (community health workers) on a variety of health and wellness topics, including mental health, chronic disease management, and prevention and wellness.

For more information:

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