

		<p>The Thomas Jefferson Health District provides public health services to the residents of the City of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson.</p>
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## **COMMUNITY HEALTH OUTREACH WORKER TRAINING**

**Summary:** An engaging health-based training in outreach skills for people of influence within their neighborhood, amongst peers, or another group(s).

Participants will graduate with

- Expanded knowledge and interactions with local community resources
- Skills for linking neighbors to primary care providers and agencies
- Greater personal capacity for outreach
- Increased understanding and ownership of one's own health and body
- Basic skills in measuring Blood Pressure, Height and Weight, and Temperature
- A certificate of course completion

**Spring Course:** Charlottesville/Albemarle Health Department:  
1138 Rose Hill Drive, Charlottesville, **Entrance #3**

<b>March 1 through May 10</b>	Saturday's 9:00 a.m. - 1:00 p.m. Easter weekend is OFF. Mother's Day weekend is flexible with a shorter session.
<b>April 1<sup>st</sup> and 15<sup>th</sup> May 6<sup>th</sup></b>	3 Tuesday evenings 6:00 p.m. - 9:00 p.m. (The evening of the week may depend on the group)
<b>May 17<sup>th</sup>, 2014</b>	Graduation + Local Agency Fair (Hour to be determined)

Committed attendance and promptness are required at all sessions. Up to 2 absences allowed for emergencies...but you won't want to miss any of it!

**Topics:** Health and Wholeness  
How the body works and when it doesn't  
Integrating health knowledge into life and outreach (includes outreach practice as homework!)  
Connecting to medical primary care and agencies  
Measurement of Blood Pressure, Height, Weight, and Temperature

**Profile of Ideal Participant:** Committed to health for self and others

Good observation skills	Trusted	Responsible
Communication skills	Commitment to your community	Natural leadership / servanthood qualities

**Class size:** 12 students selected from applications. **Courses:** Spring 2014: in English Fall 2014: in Spanish.

**Graduation & Benefits:**

- A course completion certificate will be awarded by Thomas Jefferson Health District to all participants who complete the program requirements of attendance, participation (in class and outreach practice), and testing/evaluation.
- Individual & group support and review materials will be offered. Success of all participants is the goal!

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