



# STRENGTHING YOU



## The **Power** Corner

**Community Health Workers have the **POWER** to save a life!**

Public Hands-Only CPR is defined as CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting (such as at home, at work, or in a park).

For a video on Hands-Only CPR, click [HERE](#)



**YOU** are the center of your self-care

Join us in the **CHW Forum** to learn more

As you **P.R.E.S.** on to become the best Community Health Worker (CHW), may each corner of this newsletter... **strengthen you!**

## The **Resilience** Corner

**Ways CHW's can contribute to building heart health**

### RESILIENCE

- Communicate important public health concepts
- Distribute culturally appropriate health information and supplies
- Promote healthier lifestyle choices
- Act as community-level educators and organizers
- Be a trusted voice and ear in the community

Click [HERE](#) for a **SOUND meditation for healthy heart**

The practice of meditation have been linked to lower heart rate and blood pressure, which may assist in lowering the risk of heart disease

**Challenge yourself to get active in building a healthier heart and boost ENERGY**

- Take the stairs instead of the elevator
- Take a "walking break" instead of a "coffee break."
- Park further away and add more steps to your day
- Aim for at least 30 minutes of physical activity daily

## The **Energy** Corner



LEARN MORE AT

[WWW.CHWSTRENGTH.COM](http://WWW.CHWSTRENGTH.COM)

## The **Sound** Corner

