



Celebrating

2

Years!



JOIN US ON WED. 4/24/2024
AT 2PM EST VIA ZOOM



CHW STRENGTH IN #S

PUBLIC HEALTH WEEK 2024

PLANET VS. PLASTICS

STRESS RELIEVER: MUSIC THERAPY



Strengthening You Newsletter



COMMUNITY HAPPENINGS

FOR A LIST OF TRAININGS OFFERED AT
CHW STRENGTH

[HTTPS://WWW.CHWSTRENGTH.COM/CALENDAR](https://www.chwstrength.com/calendar)

VIRGINIA COMMUNITY HEALTH WORKER
DEVELOPMENT COUNCIL, COMPLETE
MEMBERSHIP FORM FOR FURTHER
DETAILS AT [VA CHW COUNCIL](#)

VACHW ASSOCIATION MONTHLY MEET:
APRIL 9, 2024 - REGISTER BY VISITING
[VACHWA MEETING LINK](#)

SUPPORT BY DONATING TO THE CHW
STRENGTH MISSION AT
[WWW.CHWSTRENGTH.COM/SUPPORT](http://www.chwstrength.com/support)





POWER CORNER



RESILIENCE CORNER



CHW Strength in #s

IT'S OUR ANNIVERSARY!

CHW STRENGTH HAS ACCOMPLISHED SO MUCH IN THE LAST TWO YEARS AND WE ARE JUST SCRATCHING THE SURFACE OF ALL THE GREAT WORK THAT IS BEING DONE IN COMMUNITIES.

WE COULDN'T DO IT WITHOUT OUR CHW PARTNERS. THE POWER OF THE CHW VOICE HAS STRENGTHEN THE IMPACT OF CHW STRENGTH VISION TO STRENGTHEN 1K CHWS WORLDWIDE AND 100 CHW PROGRAMS IN 10 YEARS. TO DATE, 250 CHWS HAVE RECEIVED TRAINING THROUGH OUR PROGRAM.

HERE'S WHAT THEY HAD TO SAY...

RACHEL A.

"I AM VERY PLEASED WITH THE TRAINING I RECEIVED FROM CHW STRENGTH. THE INSTRUCTORS CREATED AN AMAZING, SAFE, AND CONDUCIVE LEARNING ENVIORMNENT. 10/10 RECOMMEND!!

MATT G.

"WONDERFUL, INSIGHTFUL, KNOWLEDGEABLE, AND UP-LIFTING. ANYONE WHO SERVIES THE PUBLIC WOULD BENEFIT FROM CHW STRENGTH. THE TRAINING IS TRULY EXCELLENT."

MACKIE M.

"AMAZING STFF, KNOWLEGE & RESOURCES OBTAINED ARE PRICELESS!!! ...100 STARS IF I COULD!"

SHENAE J.

"I WAS IN THE 2 PM CLASS. THIS CLASS WAS EXCELLENT."

Public Health Week 2024

"There is no power for change greater than a community discovering what it cares about."

MARGARET J. WHEATLEY

There is more to public health than merely medical care. Community health care workers stand at the center of public health. We foster the connections and bring health & wellness to the communities. For a Week long in April, the nation will highlight the importance of public health initiatives and how we are all interconnected.



CHW Strength is also celebrating the importance of Public Health by highlighting 7 days of themed topics. Be sure to follow our social media outlets to learn all about the great things that are happening in public health.

- DAY 1: COMPANY INTRO
- DAY 2: SERVICE SPOTLIGHT
- DAY 3: TRAINING PROGRAM HIGHLIGHT
- DAY 4: NETWORKING & SUPPORT
- DAY 5: VISIONARY SPOTLIGHT
- DAY 6: IMPACT HIGHLIGHTS
- DAY 7: PARTNER APPRECIATION

CHW FORUM - Have a topic you want to discuss with other CHWs? We invite you to share in our forum.

[HTTPS://WWW.CHWSTRENGTH.COM/FORUM](https://www.chwstrength.com/forum)





ENERGY CORNER



SOUND CORNER



PLANET VS. PLASTICS

Waste Management is a continuous societal challenge with the growing rate of waste pollution in America. Particularly in low- and middle-income communities, improper waste management has increased the dangers to public health. Many social determinants can be the primary factor for improper waste but with proper knowledge and intentional collective actions, we all can make the world a healthier place to live.

On Monday, April 22 the nation will celebrate Earth day and CHW Strength will take part in supporting the efforts. Through small simple actions that will ultimately be apart of the broader greater good in our communities, we invite you to participate on Earth day 2024.

Remember its not a day, it's a movement! Get inspired and click the link below to learn more at [Earthday.org](https://www.earthday.org)



Stress Reliever: Music Therapy

National Stress Awareness Month is observed in April to raise awareness on the effects of stress. One of the most important aspects of living a healthy lifestyle is stress management. It has been discovered that sound therapy raises endorphin, serotonin, and dopamine levels while lowering blood pressure, heart rate, and cortisol levels. Sound therapy comprises of several techniques such as chanting, sound bowls, chimes and music therapy that use auditory and vibratory inputs to affect an individual physically and mentally.

Select the picture to hear a sample of each of the sound therapy type just mentioned and choose a method for stress relief to incorporate into practice.

