





Welcome to your

Strengthening You Newsletter





We're so glad you've joined us.

As a member of our community, you'll receive a monthly newsletter highlighting the the exciting ways to engage with the **CHW Strength** community.

> Continue reading this edition of our Strengthening You Newsletter





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STRENGTHING YOU



The **Power** Corner

There is **POWER** in knowledge!

We invite you to share the POWER of knowledge by attending or co-facilitating a CHW training with us.

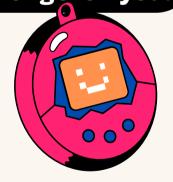
Click **here** to register or request to co-facilitate upcoming CHW trainings.

To refuel your **ENERGY**, get enough rest! Did you know there are 7 types of rest?

Watch this video (~10 mins) and click here to take this Rest Quiz (~5 mins) to learn more about which type of rest will improve your ENERGY.



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

As you demonstrate great **RESILIENCE**, we offer these "bounceback" tools to you.

Visit our RESILIENCE corner within our CHW forum by clicking here.

Do you hear that SOUND?

It SOUNDS like you are ready to become a Certified Community Health Worker (CCHW) in Virginia.

Click here to watch a brief video (~12 mins) on how to complete your CHW certification application.

The **Energy** Corner

The **Sound** Corner

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