



Strengthening You Newsletter



DISCOVER THE POWER OF A HEALTHY EATING STYLE



THE RESILIENT CHW



CEREBRAL PALSY



The Sound of Springing Forward!

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: MARCH 19, 2024 - REGISTER BY VISITING VACHWA MEETING LINK

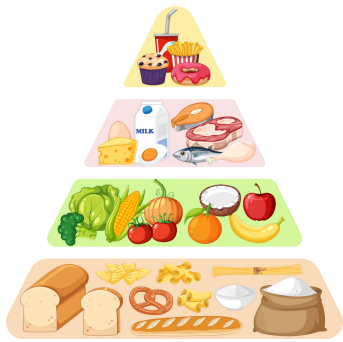
SUPPORT BY DONATING TO THE CHW STRENGTH MISSION AT WWW.CHWSTRENGTH.COM/SUPPORT





Discover the POWER of a healthy eating style

March is National Nutrition Month and having a well balance diet can play a major factor on a person's health. Changing up a few things in your day-to-day decision making can make a real difference. Incorporate the tips below and begin to allow the power of food to improve your lifestyle.



1. CHOOSE FOODS AND DRINKS THAT FUEL YOU
2. EAT AT HOME VS. EATING OUT
3. SELECT HEALTHIER OPTIONS WHEN EATING AWAY FROM HOME
4. PLAN MEALS AND SNACKS IN ADVANCE
5. BE MINDFUL OF PORTION SIZE
6. HELP TO REDUCE FOOD WASTE BY CONSIDERING THE FOODS YOU HAVE ON HAND BEFORE BUYING MORE AT THE STORE

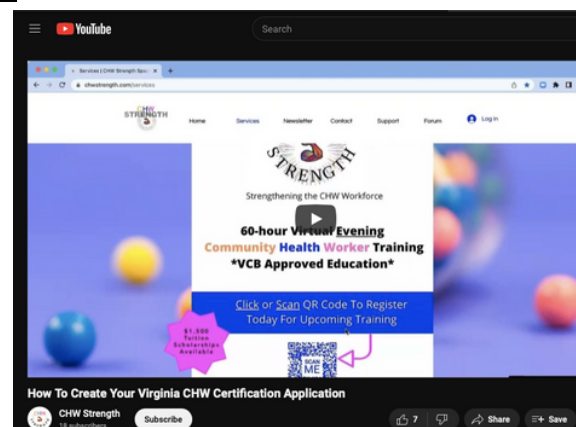


The Resilient CHW

CHW Strength is a Virginia Certification Board (VCB) accredited training provider for Community Health Workers. One of VA's requirements is successfully completing 60 total hours of education & training specific to all of the domains within three years. This course is broken down into a continuous six week cohort, two hours 5 times a week. This requires the full on commitment from the CHW that ultimately builds **RESILIENCY!**

But what happens after successfully completing course??? The next question that is top of mind is, "How do I become a Virginia Certified Community Health Care Worker (CCHW)?" Here's how...

CHW Strength has created a guided video that can be used as a helpful tool to support the CHW along their journey to becoming certified. Check it out **here!**

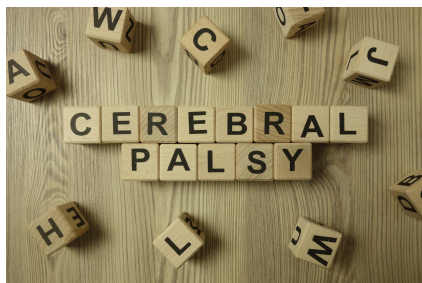


MORE QUESTIONS? VISIT THE [VACERTBOARD.ORG](https://www.vacertboard.org) SITE OR CONTACT THE BOARD AT [INFO@VACERTBOARD.ORG](mailto:info@vacertboard.org)

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)





Did you know that people with Cerebral Palsy use three to five times more energy to move than people without it?

For the month of March, CHW Strength spreads awareness on the topic of Cerebral Palsy. CP is defined as a group of neurological conditions caused by brain damage that impacts movement, balance and posture.



To learn more, the CDC provides an overview of the disorder, causes, as well as treatment services.

The Sound of Springing Forward!

It's that time of year again, where we set our clocks an hour ahead and head outside for extra sunlight. Daylight Saving Time usually begins in March and runs through November. Adjusting to the time change, can take some effort on adjusting our natural circadian rhythm. Which is the body's internal process that signals when it's time to wake up.

To help remedy what feels like a loss of an hour of sleep, consider sticking to a regular bedtime and incorporating techniques to get into a daily rhythm. Keep your internal clock consistent by going outside first thing in the morning to soak up some daylight and the sound of spring.

If unable to get outside when you first rise, try soaking in the sound of spring with this quick audio.

