



# Strengthening You Newsletter

# February



## Matters Of The Heart: American Heart Month



## Join The Fight Against Cancer



## BLACK PUBLIC HEALTH HEROES



## BLACK HISTORY MUSIC

### COMMUNITY HAPPENINGS

*CHW STRENGTH 60 - HOUR VIRTUAL  
COMMUNITY HEALTH WORKER TRAINING*  
*\*VCB APPROVED EDUCATION\**  
*MON. 1/22/24 - MON. 03/04/24*  
*M- F 6PM - 8PM EST*  
*FOR DETAILS VISIT*  
[WWW.CHWSTRENGTH.COM/SERVICES](http://WWW.CHWSTRENGTH.COM/SERVICES)

TO ATTEND SELECT TRAININGS, EMAIL US FOR MORE INFO  
[STRENGTHENINGCHWS1@GMAIL.COM](mailto:STRENGTHENINGCHWS1@GMAIL.COM)

- VA COMMUNITY HEALTH WORKER DEVELOPMENT COUNCIL, COMPLETE MEMBERSHIP FORM FOR FURTHER DETAILS AT [VA\\_CHW\\_COUNCIL](#)
- VACHW ASSOCIATION MONTHLY MEET: FEB. 20, 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

# Matters Of The Heart: American Heart Month

WITH FEBRUARY BEING AMERICAN HEART DISEASE MONTH, CHW STRENGTH ENCOURAGES THE POWER OF THE INDIVIDUAL TO TAKE SMALL ACTIONS THAT CAN PREVENT HEART DISEASE.

HEART-HEALTHY ACTIVITIES THAT FOCUS ON GETTING BLOOD PUMPING AND INCREASES THE HEART RATE, IMPROVES YOUR HEART'S ABILITY TO PUMP BLOOD TO YOUR LUNGS AND THROUGHOUT YOUR BODY.

A NORMAL RESTING HEART FOR AN ADULT RANGES BETWEEN 60 AND 100 BEATS PER MINUTE. PHYSICAL ACTIVITY AND EXERCISE CAN INCREASE YOUR HEART RATE. START WITH CHALLENGING YOURSELF WITH THE 7 DAYS OF SELF- CARE BELOW. THE HEART OF THE MATTER IS THAT ONE OF THE MOST IMPORTANT ACTIONS SOMEONE CAN TAKE IS TO IMPROVE THEIR HEART-HEALTH TO STAY HEALTHY AND STRONG.

## LEARN MORE ON HEART-HEALTH



## RESILIENCE CORNER



# Join The Fight Against Cancer

Being diagnosed with cancer and going through treatment can be an incredibly stressful experience for cancer patients. Many cancer patients exhibit extraordinary resilience despite the significant distress that can be experience in being diagnosed and going through treatment.

Recent studies have shown women who was diagnosed with through cancer and went through treatment, expressed positive emotion (love, interest, and thankfulness) and was associated with greater resilience and a higher quality of life after treatment. This response speaks to overcoming a battle and demonstrates resilience in its highest form. We can join the fight by getting involved through donation, research and volunteering. Click the link to learn more

## 7 Days of **Self-Care**

<p><b>#MindfulMonday</b></p> <p>Know your <b>blood pressure numbers</b> and other heart stats</p>	<p><b>#TastyTuesday</b></p> <p>Try a <b>tasty, heart-healthy recipe</b></p>	<p><b>#WellnessWednesday</b></p> <p>Put your <b>heart</b> into your wellness routine</p>
<p><b>#TreatYourselfThursday</b></p> <p>Treat your heart to some <b>relaxation and fun</b></p>	<p><b>#FollowFriday</b></p> <p>Share who <b>inspires you</b> to show your heart more love</p>	<p><b>#SelfieSaturday</b></p> <p>Post about your favorite way to take care of <b>your heart</b></p>

### #SelfcareSunday



Create your **self-care checklist** for the week



**#OurHearts**



**GET INVOLVED**

**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)





## BLACK PUBLIC HEALTH HEROES

In celebration of Black History Month, CHW Strength is bringing attention to those Public Health heroes that have paved the way for all CHWs. These public health heroes made significant contributions to both medicine and public health with a focus on improving communities across America. Find out more about the individuals who helped create change with the health equity issues that still persist today.

» LEARN MORE

CELEBRATE  
BLACK HISTORY  
MONTH

### Celebrating Notable African Americans in Public Health

Trust for America's Health is celebrating Black History Month by recognizing the contributions 13 African Americans have made to public health throughout U.S. history to addressing today's health equity...

TFAH /

## Black History Music

For Black History Month, we highlight an American Soul and R&B group most popular in the 1970s, **Harold Melvin and the Blue Notes**. The group formerly known as The Charlemagnes took on the name "The Blue Notes" in 1954. The group is known for its most socially conscious songs such as "Wake Up Everybody" This month we highlight this song in the Sound Corner of our newsletter as a way to pay homage to Black history music as well as the greater impact sound/music has on the culture.

### PLAY SOUND

