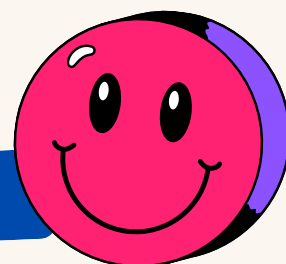


STRENGTHENING YOU



Welcome to your

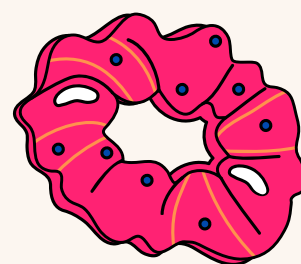
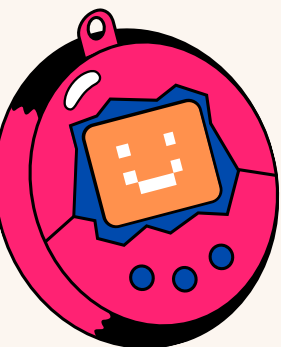
Strengthening You Newsletter



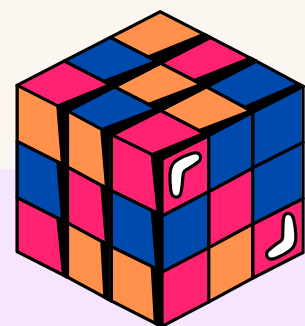
We're so glad you've joined us.

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

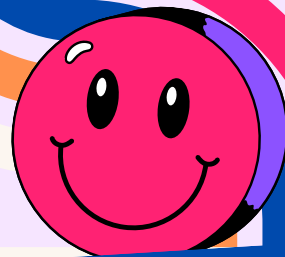


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STRENGTHENING YOU



The **Power** Corner

With **POWER**, present yourself as a powerful CHW who is an asset to your family, organization, and community.

The CHW Strength community invites you to share your powerful experiences on our CHW forum.

Click [here](#) to join the conversation.

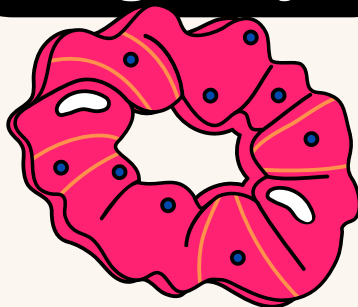
To refuel your **ENERGY**, accept the support and encouragement from others around you.

Connect with someone, TODAY, who re-energizes & re-charges you!

The **Energy** Corner



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 "bounce-back" tools to you.

Visit our resilience corner within our CHW forum by clicking [here](#).

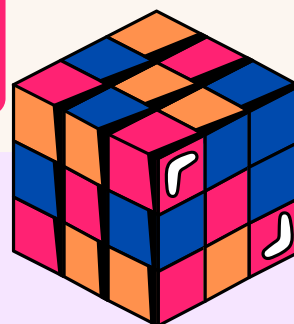
Soak in the **SOUND** of peaceful affirmations from Jason Stephenson by clicking [here](#).

"I give myself permission to relax and be calm"

"I have a peaceful and calming heart & soul"

"...I remain calm within"

The **Sound** Corner



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