

# STRENGTHENING YOU



## Welcome to your Strengthening You Newsletter



We're so glad you've joined us. Here's what's new....



**CHW Strength**  
CHW training - Winter class  
Jan. 30th - March 10th

Can't attend the full 6 week course, drop-ins are welcome  
email us for more info [StrengtheningCHWs@gmail.com](mailto:StrengtheningCHWs@gmail.com)

We invite you to be apart of the conversation,  
add a topic, "like" or comment in our  
[CHW Forum](#)



**CHW Strength Foundation**  
"CHW 4 All" Initiative  
CHW Community Engagement Mini-Grants  
CHW Workforce Cooperative

How can you contribute to the mission? Learn more [here](#)

Continue reading January's edition of our  
Strengthening You Newsletter

LEARN MORE AT  
[WWW.CHWSTRENGTH.COM](http://WWW.CHWSTRENGTH.COM)



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

# STRENGTHENING YOU



## The **Power** Corner

There is **POWER** & strength  
in numbers and the  
numbers are found within  
the community

CHWs are trusted  
members in the  
community dedicated to  
serving the public

How can you be empowered and  
become an advocate in your  
community? Click [here](#) to learn  
more on becoming a CHW



As you **P.R.E.S.** on to  
become the best  
**Community Health  
Worker (CHW)**, may  
each corner of this  
newsletter...  
**strengthen you!**

Supercharge your  
**ENERGY** with foods that  
will give an energy boost  
throughout the day

Need a list, click [here](#)

## The **Energy** Corner



LEARN MORE AT  
[WWW.CHWSTRENGTH.COM](http://WWW.CHWSTRENGTH.COM)

## The **Resilience** Corner

Motivational Quote:  
"**RESILIENCE** is all  
about being able to  
overcome the  
unexpected. The goal  
of resilience isn't to  
just survive but thrive."  
-James Cascio

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

