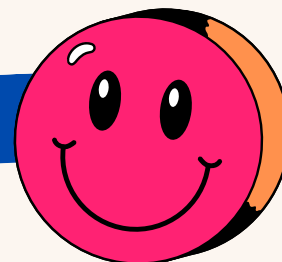


STRENGTHENING YOU



Welcome to your

Strengthening You Newsletter



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

CHW Strength

CHW training - Summer class
June 26th through August 11th

<https://www.chwstrength.com/services>

Attend select trainings

Email us for more info

StrengtheningCHWs1@gmail.com

CHW Strength Foundation

"CHW 4 All" Initiative

CHW Community Engagement Mini-Grants

CHW Workforce Cooperative

Learn more on how you can contribute to the mission
[here](#)

Continue reading the July edition of [Strengthening You Newsletter](#) highlighting the Summer season

LEARN MORE AT
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

The **POWER** in **Self-Care**

International Self-Care day
July 24th, 2023



Community Health Care Workers spend a lot of time helping others, often neglecting their own wellness. Take this day to prioritize your own self-care with a day of reflection and relaxation. Focusing on self-care can prevent burnout and can increase overall wellbeing.

Take the Self-Care pledge and commit to being intentional about the way you care for yourself.

PLEDGE: My **Self-Care Pledge is to...**

We invite you share your Self-Care pledge in our **CHW Forum**

Build **Resilience** this Summer with some Summer Safety Tips!

- Wear sunscreen! SPF 30 or higher
- Drink at least 8 oz of water a day
- Know the signs of heat exhaustion
 - Dizziness, muscle cramping, confusion, nausea
- Dress accordingly! Light-colored and lightweight clothing that covers the skin is safest. And don't forget your hat and sunglasses!



Take in the **Sound** of Summer with some outdoor activities!

Outdoor Music Events

Drive in Movie Theater

Trip to the Beach

Pool Party

Picnic at the Park

Outdoor Sporting Events

Camping Trip

Cookout



Summer has officially begun!

Summer months often lead to the highest demand in use of electricity. With the below tips you can improve energy efficiency and reduce cost in your home.

Summer Energy Efficiency

Tips:

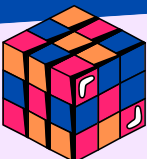
- Unplug devices when not in use
- Change out air conditioning filters.
- Use ceiling fans (Note: fans cool people, and not rooms, so turn them off when leaving the room)
- Use energy-efficient LED lightbulbs.
- Block out the sun with blackout curtains or blinds

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

The **Energy** Corner



The **Sound** Corner



LEARN MORE AT
WWW.CHWSTRENGTH.COM

