

# Join the Fight Against Heart Disease in the Filipino American Community



**Participate in a Healthy Heart, Healthy Family Training Workshop for Community Health Workers**

## Learn About Heart Health

The Healthy Heart, Healthy Family training workshop will help you gain the knowledge, skills, and motivation to help you take action against heart disease.

## Teach Others About Heart Health

The training workshop will also help you learn teaching methods. You will be introduced to educational materials that you can use to lead sessions about heart health in your community using the “Healthy Heart, Healthy Family” manual.

**The next training will be held:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**To register, contact:** \_\_\_\_\_

**Upon completion of training, each participant will receive a certificate.**



**U.S. Department of Health and Human Services**  
National Institutes of Health



**National Heart  
Lung and Blood Institute**  
People Science Health