



# Congregational health promoters programs

Our programs offer a holistic understanding of health (physical, emotional and spiritual) and a direct connection to the leading programs of the American Heart Association in both English and Spanish. We train participants in health promotion, disease prevention and leadership, as well as provide them with updated information about health services, events and workshops. We also provide support for health fairs, networking opportunities and participation in our Score, Incentive & Reward System.

## **Congregational health promoters basic training**

The training consists of educational sessions *Step by Step*, in English or Spanish, on health ministries and health promotion (promotores program). Training includes information about holistic health, qualities of effective leadership, emotional health and more. Upon completion of this workshop, participants will have access to our connections and Score System benefits. If you are interested in participating, call to register for the next available workshop. If you request this training for your church, a minimum of four participants is required. The training will last eight hours.

## **Search your heart and Go Red for promoters: A look at comprehensive health and lifestyles**

This includes educational sessions in English and Spanish about Go Red campaign components, such as statistics, risk factors, diabetes, nutrition and exercise. It also includes breakout groups on blood pressure and BMI, as well as

special guest topics. This training is provided in partnership with the American Heart Association and Novant Health Presbyterian Medical Center's health ministries. The workshop, which takes place each February, is considered an essential part of the promoter training and will last four hours.

## **Go Red For Women – Have faith in heart events**

With the support of Novant Health Presbyterian Medical Center health ministries and the American Heart Association, participating Latino congregations and organizations will offer information and awareness about cardiovascular diseases and healthy lifestyles on a specified day, while also dressing in red for that day to further promote awareness.

## **CPR training in English and Spanish**

This training will be available directly through Novant Health Presbyterian Medical Center staff. Certification is handed out the same day, and an educational talk is also available for family and friends (includes video and practice). There are discounts for health promoters.

## **Power Sunday (to end stroke)**

With the support of Health Ministries, Novant Health Presbyterian Medical Center, and the American Stroke Association, participant Latino congregations and organizations will offer information on stroke awareness throughout the month of May.

# Congregational health promoters programs cont.

## **Blessing of the Hands during Healthcare Week**

It is a tradition at Novant Health Presbyterian Medical Center to bless the hands for work and healing during Healthcare Week, which is designated as the second week in May. Everyone is welcome, and Spanish translation will be available. Presbyterian Medical Center is located at 200 Hawthorne Lane, Charlotte.

## **Munch and Learn with promoters**

Three times a year, the Promotores Program offers educational opportunities for Latino promoters, including guest speakers and refreshments at no cost.

## **Congregational health promoters monthly meetings**

Each month, congregational health promoters gather at the hospital with representatives of AHA, the Mecklenburg County Health Department, chaplain Harry Burns of Presbyterian's CHP program, among other professionals for networking opportunities.

## **Health Ministries classes at county jails**

These monthly educational classes are in Spanish, for both men and women, at both the north and central jail locations.