



# Charlas de Salud

¿Le gustaría aprender sobre diversos temas de salud para cuidar mejor su salud y la de sus seres queridos?

MANO A MANO tiene **Promotores de Salud** entrenados y disponibles en **Erie Family Health Centers** para educar sobre muchos diferentes temas de salud, incluyendo los siguientes y mas:

**Nutrición/Obesidad**

**Presión Arterial/Salud Cardiovascular**

**Colesterol**

**Cancer Colorrectal**

**Diabetes (Cada 2 semanas)**

**¡Empiece a educarse HOY!**

**Poco a poco puede hacer cambios en su estilo de vida!**

**Cada Martes a las 4:30pm**

Erie Family Health Centers  
2323 Grand Ave. Waukegan, IL 60085  
Preguntas? Llame a Mano a Mano 847-201-1521



**Mano a Mano**  
Family Resource Center



# Healthy Conversations

Would you like to learn about diverse **health topics** in order to improve your health and that of your loved ones?

Mano a Mano has **Community Health Workers** at Erie Family Health Centers, trained and ready to share and present information on many topics about health including the following and more:

**Nutrition/Obesity**

**High Blood Pressure/  
Cardiovascular Health**

**Cholesterol**

**Colorectal Cancer**

**Diabetes (every 2 weeks)**

**Start to inform yourself TODAY.**

**Little by little you can make changes in your lifestyle!**

**Every Tuesday at 4:30pm**

Erie Family Health Centers  
2323 Grand Ave. Waukegan, IL 60085  
Questions? Call Mano a Mano 847-201-1521



**Mano a Mano**  
Family Resource Center