



# SESSION 3: COMMUNITY HEALTH WORKER SELF-CARE



OCTOBER 5, 2023 11:30 A.M. - 1 P.M.

**REGISTER HERE**

<https://bit.ly/44Vrlmf>



## About

Community health workers (CHWs) provide essential support to their communities, and it's just as important for CHWs to prioritize personal well-being.

This tele-mentoring program offers case-based learning and interactive sessions to teach CHWs self-care strategies to improve resilience and overall health.

## Share Your Story



Include real-life CHW experiences in our presentations by submitting your case study!

[bit.ly/44NBs1S](https://bit.ly/44NBs1S)

This training is supported by the Centers for Disease Control and Prevention (CDC), together with the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of awards totaling \$4,339,895 and \$3,000,000, respectively, with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC, HRSA, HHS, or the U.S. Government. For more information, please visit [CDC.gov](https://www.cdc.gov) and [HRSA.gov](https://www.hrsa.gov).

