



PROMOTING HEALTHY CHOICES AND COMMUNITY CHANGES

Promoting Healthy Choices and Community Changes is a free e-learning program designed to build the capacity of *promotores de salud* to promote individual-level and community-level changes towards good health.

Following program completion, you will be able to:

- Recognize things that make it hard to make healthy choices,
- Learn the best ways to talk with someone about healthy choices,
- Identify how to make community change by empowering others, and much more!

The program is for any promotor de salud, regardless of years of experience or the type of outreach they do. Its simple layout and conversational tone makes it accessible to individuals with a wide range of computer and literacy skills. The program offers case studies, opportunities for self-reflection, and pretests and posttests to assess knowledge gained.

AT A GLANCE

- For *promotores de salud*
- Available in Spanish and English
- Certificates of Completion provided
- Offers knowledge and resources to help you empower your community members to make healthier choices and community changes