

# HEALTH PROMOTION FOR LATINOS

Promoviendo la Salud seeks to improve the health of Latinos and reduce their risk of chronic disease through community advocacy, education, and direct services.

## OUR STAFF

PROMOTORAS are bi-lingual and bi-cultural members of the community who have special training in health promotion.

PROMOTORAS offer education on specific health topics, suggestions on how to reduce risk for chronic disease,

ADULT HEALTH SCREENINGS, including blood pressure, height/weight/BMI, and a blood test for cholesterol and glucose (blood sugar). \$15 donation suggested but not required.

## OUR SERVICES

FREE COMMUNITY PLATICAS (discussions) on various health topics, including nutrition and exercise, disease prevention, and health promotion. Please call for schedule.

CHRONIC DISEASE MANAGEMENT LOW-COST CLINIC: 2 to 3 evenings per month, by appointment only.



SAN • JUAN • BASIN  
**HEALTH**  
DEPARTMENT

[www.sjbhd.org](http://www.sjbhd.org)

Durango: 247-5702 ext. 207  
Pagosa Springs: 759-9913

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