

*Connecting You
to Care*

**HEALTHY
COMMUNITIES**



**Health Coaching
Education & Resources
Care Coordination**



Empowering You to Live Your Best Life

(502) 635-4568 | VOAMID.ORG

Community Health Workers are here to help you and your family stay healthy, get support, and feel connected

- **Conduct assessments to identify your top areas of need**
- **Connect you to community resources**
- **Increase skills for self-management of chronic health conditions (Diabetes, COPD, Heart Disease, High Blood Pressure, etc.)**
- **Support to overcome barriers or obstacles to care**
- **Improve overall quality of life**

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