

RUSH MEDICAL CENTER HEALTH LEGACY PROGRAM FOR WOMEN

This upcoming free, virtual, health workshop is a **free 6-week community-based health program designed for women of color** offering weekly health education, nutrition counseling, exercise and support group sessions for women. This workshop is delivered in Spanish. Our HLP staff meets with the women twice a week to educate, motivate and support participants on their journey to better health.

The goal of Health Legacy program for women is to impact and create behavior change and thus improve family outcomes in the area of obesity and diabetes by focusing on the health literacy and the health behaviors of women as they are “health regulators” of their family units, purchasing groceries and meal planning, making health appointments, and modeling health habits and behaviors for their families.

During the COVID-19 pandemic, we will be hosting workshops online through a video Conference app called Zoom with an option to call-in by phone for those who do not have Smart phones or computers.

Registration for the workshop is **strongly encouraged**, so that we can provide the technical support necessary to access the workshop.

At the time of registration, Zoom access will be provided. To access Zoom, participants must download the Zoom app on their phone or computer. **For those without computer or smartphone access, we will provide a dial-in number to participate using only audio.**

All workshop materials will be mailed to participants.

Tuesdays & Thursdays, February 11- March 26, 2:30 - 5:00 pm

If interested in joining, you may also sign up at the following website :

<https://bit.ly/RushGenReferral>