

# *Connecting You to Care*

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# HEALTHY COMMUNITIES



Health Coaching  
Education & Resources  
Care Coordination



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Empowering You to Live Your Best Life

(502) 635-4568 | [VOAMID.ORG](http://VOAMID.ORG)

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

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- 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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