



# Be a Healthy Woman that Thrives

**Healthy women** are the heart of a healthy community.

**Healthy women** become healthy moms.

**Healthy moms** have healthy babies.

**Healthy babies** grow up to be healthy adults.



**Are you a female in the Southern Kent or NW Sussex County?**

**Are you 15 years old or older?**

**Are you looking for support to get on track with a healthy lifestyle?**

Consider setting up a time today to speak with one of our Quality Insights Community Health Workers (CHWs). Our CHWs will be available for phone sessions to conduct healthy women lifestyle assessments and link you to key resources and programs in the community.

## Participation Benefits:

- Enhance your efforts to achieve a Healthy Woman lifestyle with ongoing support from CHWs
- Learn about valuable community resources and programs
- Gain referrals to community resources and programs
- Obtain info about how to meet your daily needs

## Learn More:

To get more information about the program, please call **(302) 245-3293**. We also encourage you to complete this brief survey: <https://dethrives.com/thriving-communities/community-health-workers>.

