

## **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.

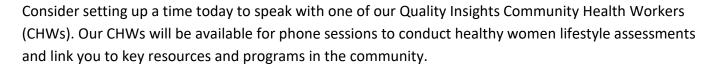
**Healthy babies** grow up to be healthy adults.



Are you a female in the city of Wilmington?

Are you 15 years old or older?

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



## **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) 287-9804**. We also encourage you to complete this brief survey: <a href="https://dethrives.com/thriving-communities/community-health-workers">https://dethrives.com/thriving-communities/community-health-workers</a>.







The healthcare improvement experts.