



## Free Educational Health Sessions

Ventanilla de Salud offers free, on-site, educational health sessions to groups, work sites, ESL classes and other organizations.

The 30-60 minute presentations center on preventive health tactics, health literacy, and area health resources. We also discuss diseases prevalent in the Latino community such as diabetes, heart disease, and cancer and have an interactive segment utilizing breast and testicular cancer models.

Ventanilla de Salud provides take-home materials on a variety of health topics, as well as follow-up calls to each participant after the session in order to assist them directly or answer specific questions they may have.

Each presentation can be customized according to the health needs of the group and the availability of local resources

So far, the Ventanilla de Salud has collaborated with a number of different agencies in the community to present this valuable information, including A.I.S.D., English at Work and Manos de Cristo.

All sessions are **FREE**. Presentation and materials are in Spanish.

For more information, please contact Ventanilla de Salud: (512) 478-2866 ext. 117; [acrawford@capitalahec.org](mailto:acrawford@capitalahec.org)

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