

## GET INVOLVED!

### SUPPORT OUR EFFORTS

The Center for African American Health is committed to improving the health and well-being of African American and Black communities. We invite your support for the programs and services we provide. DONATE online at [www.caahealth.org](http://www.caahealth.org).

### VOLUNTEER

Are you looking to make a real impact on the lives of children, youth and families in your community? Here's your chance! Consider giving some of your time and talent to create lasting solutions that improve health for everyone. Learn more about our volunteer opportunities and other exciting ways to get involved in your community. Visit [caahealth.org](http://caahealth.org) to learn more.

### CONNECT WITH COMMUNITY

Connecting with community is good for your health. Join us for Destination Health and our Annual Collaborative Health Fair. Also check out the calendar for classes, gatherings, and special events.



## STAY IN TOUCH!

Stay Connected! We are only post, tweet, and click away! Be sure to like and follow us on social media and sign up for our e-newsletter at [www.caahealth.org](http://www.caahealth.org).



3601 Martin Luther King Blvd.  
Denver, CO 80205  
Phone: (303) 355-3423  
Fax: (303) 355-1807  
[www.caahealth.org](http://www.caahealth.org)

Proud Member  
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Family Resource Center Association  
Connecting Resources, Impacting Lives

THE CENTER  
FOR AFRICAN  
AMERICAN  
HEALTH

Your Health is  
at The Center of  
Our Attention

# WELL-BEING



## WHO WE ARE

The Center for African American Health (The Center) offers African American and Black communities culturally responsive resources that support them in overcoming the root causes of health problems so they can maximize their individual and family health.

As a **Family Resource Center**, The Center helps individuals and families overcome social, economic, and educational challenges and helps parents gain access to the skills, resources, and knowledge they need to provide a solid foundation for their children and families to thrive.

For additional information about The Center and our initiatives, please visit [www.caahealth.org](http://www.caahealth.org) or email us at [info@caahealth.org](mailto:info@caahealth.org).

## PROGRAMS & SERVICES

### AGING MASTERY PROGRAM

The National Council on Aging's Aging Mastery Program helps older adults build their own play-book for aging well through fun, innovative, educational sessions. Topics include exercise, financial fitness, healthy relationships, medication management, and community engagement.

### BeHEARD MILE HIGH

A social movement created to give community members the chance to have their voices heard! By administering easy-to-take surveys, we create an opportunity for ongoing dialogue between all residents, non-profit/local organizations, and government agencies.

### CHECK. CHANGE. CONTROL

Check. Change. Control is an evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower participants to take ownership of their cardiovascular health.

### LEARNING TO LIVE WELL

Learning to Live Well emphasizes key aspects of health insurance coverage and how each can be used to enhance your health and well-being.

### LIVING HEALTHIER TOGETHER

An evidence-based program providing support for women, men, and their families to achieve and maintain a healthier lifestyle. Our focus is not just on weight itself, but instead on the behaviors that lead to weight gain and obesity.

### MENTAL HEALTH FIRST AID

Eight-hour certification course teaches non-mental-health professionals how to give first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder. Participants learn the signs and symptoms of the most common mental health problems and how to offer help.

### MEN'S PROSTATE HEALTH

One of the best practices for dealing with prostate cancer is preventative care and exams. To help raise awareness of the disease, CAA Health offers free prostate cancer screenings during national prostate health month (September).

### NUTRITION U

Nutrition education classes focusing on nutrition-related trends and topics that are culturally relevant and applicable to our participants regardless of age, gender, or social economic status.

### STRENGTHENING FAMILIES

The Strengthening Families Program is an evidence-based family skills training program that uses realistic videos, role-playing, discussions, learning games, and family projects to enhance parenting skills, build life skills in children, and strengthen family bonds and communication.

### YOUTH CIVIC ENGAGEMENT

YCEP provides leadership building opportunities for African American high-school aged youth, helping them gain skills and develop their strengths to be active agents of social change.