

# BECOME A COMMUNITY HEALTH AMBASSADOR!

**Training Dates:** Friday, *April 4<sup>th</sup> & April 18<sup>th</sup>* – 6:30 to 9:30 p.m.  
(all days must be attended) Saturday, *April 5<sup>th</sup> & April 19* – 8:30 a.m. to 4:30 p.m.

**Durham Technical Community College**  
1637 Lawson Street  
CEC (Corporate Education Center)  
Durham, NC 27703

## DO YOU WANT TO:

- Learn more about Diabetes? Recognize early warning signs?
- Learn Prevention/Disease Management Skills?
- Help people? Build strong leadership skills?
- Be a resource for your community?
- Change your **THINKING** and your **LIFE**?

Receive a \$50 training stipend for completing the class and earn 2 continuing education unit (CEU) credits from DTCC!



**IF YES:** Join the Corp of Success Dynamics CDC's Community Health Ambassadors and earn a Community Health Ambassador Vest.

**DO NOT HESITATE, LIMITED ENROLLMENT. TUITION PAID ON YOUR BEHALF.  
CALL TODAY 919-686-3350 FOR INFORMATION ABOUT HOW TO SIGN UP**

*Sponsored by Success Dynamics Community Development Corporation, Farmville, NC*  
Partnership with Office of Minority Health & Health Disparities, Raleigh, NC and Durham Technical Community College

## Course Outline

Course Title: Lay Health Advisor Training

Instructor: Ms. Angela Cline

Hours: 20 contact hours/2 CEU(s)

Text: Lay Health Advisors Workbook and Manual

Course Objectives: By the completion of the training students will be able to

1. Have a working definition of a Lay Health Advisor.
2. Have knowledge of illness and the prevention of complications related to chronic illnesses.
3. Recognizes early warning signs of health problems to enable early intervention; and
4. Access available health and human service resources.

Course Outline: Session 1

- I. Introduction to Public Health
- II. Who and What is the Lay Health Advisor
- III. The Human Body

Session 2

- I. Signs and Symptoms of Diabetes
- II. Healthy Living—Guest Speaker
- III. Prevention/Intervention Techniques
- IV. Controlling Diabetes
- V. Lab- Blood Pressure 101
- VI. Group Project

Session 3

- I. Review and Evaluation 1
- II. Group Project Time
- III. Wound Evaluation

Session 4

- I. Know Your Local Resources
- II. The Referral Process- Role Playing
- III. Lab- Glucose Checks
- IV. Client Confidentiality
- V. Review and Evaluation 2
- VI. Completion Ceremony – 3 pm

Course Evaluation: The student is attend 95% of the contact hours, complete group project, and maintain a test grade average of 80% for successful completion of the training course.