

Center for Healthy Aging

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What is the CHA Community Health Ambassador Program?

This is a core 12-hour course that is taught in small groups by the CHA staff at no charge to you or your organization. You will receive program materials and a course outline. New classes will be planned on a regular basis and offered at convenient times and locations. Registration is necessary to attend. Classes can also be arranged to accommodate organizational groups.

Why Should You Be a CHA Community Health Ambassador?

- ◆ To take control of your own health
- ◆ To learn about healthy aging resources
- ◆ To improve the health of your community
- ◆ To learn basic health assessment skills
- ◆ To contribute to a healthier future



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Community Health Ambassador Program



Become a health advocate
for your community!



Welcome to The Center for Healthy Aging Community Health Ambassador Program

Thank you for your interest in the Center for Healthy Aging (CHA) Community Health Ambassador Program. This program is for individuals who want to help their community adopt the “10 Keys to Healthy Aging.” Research has shown that individuals who adopt the 10 Keys are more likely to remain healthy as they age.

Who is a Community Health Ambassador?

A CHA Ambassador is a caring volunteer who is willing to promote healthy aging in the community. An ambassador has also attended and completed an educational program about the “10 Keys to Healthy Aging.”

Who Can Be a CHA Ambassador?

Qualities of an ambassador:

- √ A people person
- √ A person willing to help others
- √ A person committed to the “10 Keys to Healthy Aging”

The best teaching comes from personal experience.
We learn best when we teach others.

What Will You Learn?

A core educational program has been designed to help you learn about healthy aging. Educational opportunities will be planned to help you learn additional skills that you will find helpful as an Ambassador.

The program will:

- Review each of the “10 Keys to Healthy Aging”
- Teach you how to complete a brief health assessment
- Teach you about your own health risk factors
- Provide hands on practice
- Certify you in some basic health skills

How Can You Help?

You will be able to choose from a variety of activities.

Some examples are:

- Assist with a health fair
- Complete the 10 Key Prevention In Practice assessment
- Initiate involvement with at least one community group
- Talk with small groups about the 10 Keys
- Be a resource for a specific key
- Lead a walking group

We Want You!