

Community Health Sessions for Groups with English levels of CLB 2-3

Diversity Liaison Team of Alberta Health Services AHS – Calgary Zone is committed to enhancing access to health services and health information for diverse communities. The following is the list of **in-person or virtual health education sessions** that Diversity Liaisons of Alberta Health Services can offer to a group of 10 or more participants. The sessions are made for people with an English level of **CLB 2-3**. We will be using very simple English, with lots of visuals to help the learners understand. If the group is lower than CLB 2, please consider providing an interpreter for the session or request to have the session in Cantonese, French, Korean, or Mandarin.

For more information and to send back the completed request form, you can email diversityliaisonsteam@ahs.ca or contact Yvonne Hau at YiuYam.Hau@ahs.ca

Topic and estimated length	Health Session Contents
1. YHC Your Health Care Choices 1.5 hours	This is an overview of key health care choices that are available in Calgary. These choices are 811, Family Doctors, Walk-In Clinics, After Hours Clinics, Urgent Care Centres, Emergency Departments, and Access Mental Health. A highlight on how to use 811 and how to request health care interpretation services from Alberta Health Services will also be discussed.
2. BTG Beat the Germs 1.5 hours	This is an overview of how to wash hands properly, how to prevent germ spreading and how to use antibiotics. Personal hygiene can be added to the contents if needed. The facilitator may use Glow Germ Kits to raise awareness of hand hygiene.
3. CHF Choosing Healthy Foods In Canada 2 hours	Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This health session highlights important food and nutrition choices to help diverse communities to make healthy food choices for their families. The health session talks about Choosing Healthy Foods and Drinks, Label Reading, The Healthy Plate, and Meal examples.

<p>4. GASH Get Active, Stay Healthy 1.5 hours</p>	<p>Getting active can have many health benefits. This health session will explore creative ways to get active in our daily life, be it at home, at work, or school. It offers physical activity guidelines for different age groups. It provides some community resources to support active living for people with limited resources.</p>
<p>5. OHA Oral Health and Resources for Adults 1.5 hours</p>	<p>Oral health is an important part of your general health and well-being. This health session is an introduction to the causes and effects of dental cavities for adults, how to prevent dental diseases to be discussed in a very simple way, using lots of pictures and videos.</p>
<p>6. OHC Oral Health & Resources for Children 0-6 years of age – 1.5 hours</p>	<p>An introduction to causes and effects of dental cavities for children, ways to prevent dental diseases, and dental care resources that are available for lower-income families with children.</p>