

Healthy Living 101 for Refugee and Immigrant Communities

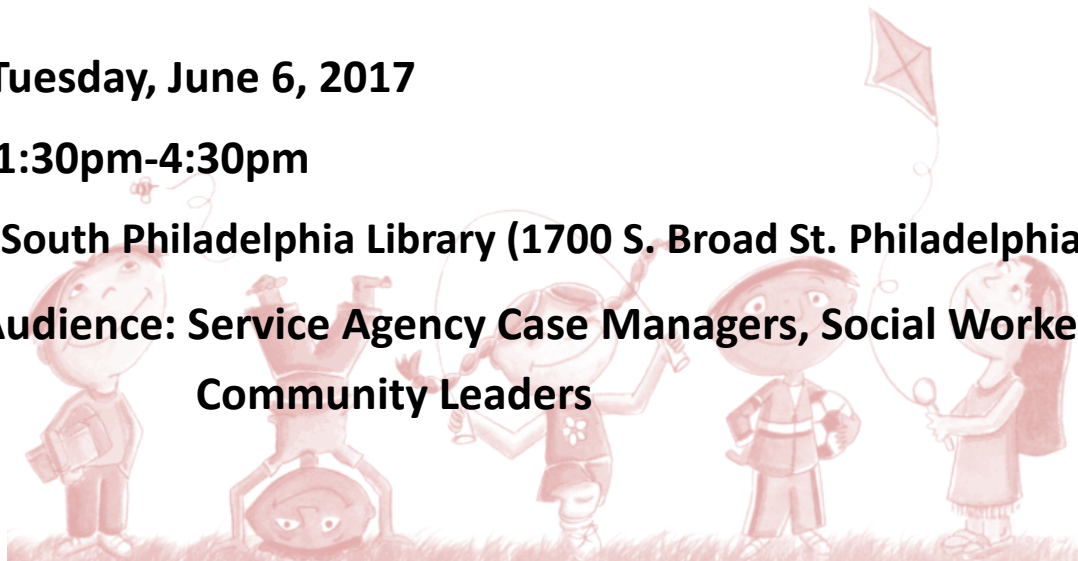
Make your community healthier by learning about
nutrition, exercise, and more.

When: Tuesday, June 6, 2017

1:30pm-4:30pm

Where: South Philadelphia Library (1700 S. Broad St. Philadelphia, 19145)

**Target Audience: Service Agency Case Managers, Social Workers, and
Community Leaders**



Participants will learn:

- Issues facing refugee and immigrant communities related to exercise, nutrition and smoking
- The basics of exercise and healthy eating
- Low and no cost resources for supporting healthy habits
- How smoking negatively affects health
- Free resources to help people quit smoking

This event is **FREE** and open to the public

For more information contact Sarah Levin-Lederer at

sarah.levin-lederer@phila.gov or 215-685-6801

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