



## “CHARLAR Program”

Community Heart Actions for Latinos at Risk

### DO YOU CONSIDER YOURSELF LATINO/HISPANIC/CHICANO?

Would you like to learn how to reduce the risk of:  
**DIABETES, HEART ATTACKS, STROKES...**

Latinos have higher risk for diabetes and heart disease

#### What do I get if I participate?

- **12 FREE** sessions to help you reduce your risk for heart problems

Understand more about:

- Diabetes, cholesterol, high blood pressure, how to prevent or control them and the relationship they have with a healthy weight
- How to control or lose your weight in a healthy way
- Read labels, buy healthy food on any budget
- Free blood tests at the beginning and end of the course
- Support to enroll in a Clinic or Medical Service

**Call us for more information 720-400-2878**

**or to register**

Free sessions in Spanish

**Limited space**

Free sessions  
in Spanish



Follow us on Facebook: Vuela por Salud

**Let's work together to improve our health!**

# Sessions of CHARLAR

Week	TOPIC
 <b>1</b>	<b>Are you at Risk for Heart Problems?</b>
 <b>2</b>	<b>Introduction to Mental Health</b>
 <b>3</b>	<b>Taking care of your Mental Health</b>
 <b>4</b>	<b>Maintain a Healthy Weight</b>
 <b>5</b>	<b>Are you at Risk for Diabetes?</b>
 <b>6</b>	<b>Stay physically active</b>
 <b>7</b>	<b>Control your blood pressure</b>
 <b>8</b>	<b>Cholesterol, Fat and Your Health</b>
 <b>9</b>	<b>The best choices when you shop / Tour</b>
 <b>10</b>	<b>Glucose and your sugar levels</b>
 <b>11</b>	<b>Eat healthy as a family even when you are short on time or money</b>
 <b>12</b>	<b>Final Review &amp; Graduation</b>