

## Helping Hands Community Health program begins

A collaboration between churches and healthcare will provide an opportunity for people in the community who are interested in learning more about staying healthy and helping their friends and neighbors.

Belmont Baptist Church, Roanoke Valley Baptist Association Faith Community Nurse Program, Jefferson College of Health Sciences, and New Horizons Healthcare are joining together to sponsor the Community Health Promoter Program to train volunteers to share health knowledge through activities such as community health fairs and blood pressure screening, and one-on-one assistance with finding and using information and community resources.

The free course, consisting of 30 hours spread over 10 weeks, began Tuesday, Feb. 10 and run each Tuesday through April 21 from 5-8:30 p.m. at the Belmont Baptist Church Health Management Center at 825 Stewart Ave. in Roanoke. All materials and supplies for the educational sessions as well as dinner will be provided at each session. The program is funded through a combination of individual donations and in-kind support from each of the organizations. The classes will be taught by faculty at Jefferson College of Health Sciences and health professionals from throughout the community.

The program is accepting 20-25 people, but they must register quickly to reserve a space. With at least 80 percent attendance, volunteers can earn a certificate as a "Community Health Promoter." Each graduate will be equipped with a blood-pressure cuff, stethoscope and thermometer.

To sign up, or for more information, call Melinda Hartley at 362-0360.

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