

# = Kasama sa Kalusugan =

A youth-led program to share good health practices in the community



The Kasama sa Kalusugan Program aims to engage young people in communities to promote healthy behaviors. It focuses on critical issues like mental health, emergency preparedness, and combatting false information. It uses a peer-to-peer model to encourage young people to talk to each other, share good health practices, and access vital community resources.

The Kasama sa Kalusugan Program is really easy and affordable to set up. All you need is a few people who are willing to find and train enthusiastic young people. These young people, called Youth Health Influencers, will then be able to recruit their friends and hold short sessions about different health topics. The process involves identifying potential Youth Health Influencers, providing them with training and resources, and supporting them as they recruit their peers and conduct health sessions. These sessions can be held within youth groups that already exist.

Empowering youth and recognizing their voice can bring a fresh perspective to community challenges. Share this opportunity with youth and youth organizations to give them a chance to make a difference.

For more information, contact us at



# Kasama sa Kalusugan Program

Empowering Youth for Healthier Communities



At Kasama sa Kalusugan, we believe that young people have the power to positively impact the health of our communities.

In this program, young volunteers are trained and mentored to become Youth Health Influencers. They learn to share health information effectively and engage with their peers on various health topics. These Youth Health Influencers serve as health companions to their peers, guiding them toward available health resources and services.

The program aims to create a network of empowered youth influencers who can drive positive health behaviors and attitudes in their communities. We believe that by working together, we can create a healthier future for all of us.

So, if you're interested in learning more about the Kasama sa Kalusugan program, please don't hesitate to contact us at \_\_\_\_\_

We'd love to have you join us in making a positive impact on our community's health!

