



Health Literacy Workshop



Why Attend?

-  **Gain insight** to make informed decisions for you and your family.
-  **Learn how to balance** your mental, physical, and social health.
-  **Free on-site resources:** vaccinations, health screenings, meal demonstrations, and more.
-  **Build long-lasting skills** to advocate to for your health.

The Gwinnett Coalition offers a **free** workshop that promotes health literacy by addressing physical, mental, and social health.

Learn about the health triangle, a tool that helps emphasize the importance of balance in your overall health.

Partnering with local organizations, we connect residents to culturally relevant health information and resources.



Discover how social, mental, and physical health are interconnected elements of your overall health.



Gain resilience strategies that support mental health progress and available resources.



Learn how to identify and find resources in your community to strengthen your social health.