SUPPORT OUR EFFORTS
The Center for African American Health is committed to improving the health and well-being of Metro Denver African American communities. We invite your support for the programs and services we provide.

VOLUNTEER
Volunteering is a great way to engage in the community, meet people, and learn new things. Volunteers are also critical to The Center for African American Health’s success. We are always looking for volunteers for a variety of jobs.

CONNECT WITH COMMUNITY
Connecting with community is good for your health. Join us for Destination Health and our Annual Collaborative Health Fair. Also check out our calendar for classes, gatherings, and special events.

STAY IN TOUCH!
Stay updated on important health trends and Center and community programs, events, and happenings by signing up for our e-news on our website. Be sure to also like and follow us on social media.

DONATE. VOLUNTEER. CONNECT.
caahealth.org

Get Involved!

18th Annual Collaborative HEALTH FAIR
Saturday
February 15, 2020
8:30 am – 3:30 pm
Renaissance Stapleton Hotel
3801 Quebec St / Denver 80207
Open to the General Public

The Center for African American Health
Empowering the Community to Live Well!

(303) 355-3423 / caahealth.org
3601 Martin Luther King Blvd / Denver, CO 80205
info@caahealth.org / F: (303) 355-1807

Proud Member of
Family Resource Center Association

Live Well!

Your Health is at The Center of Our Attention

The Center for African American Health
Empowering the Community to Live Well!
WHO WE ARE

The Center for African American Health (The Center) offers African American and Black Metro Denver communities culturally responsive resources that support them in overcoming the root causes of health problems so they can maximize their individual and family health.

As a Family Resource Center, The Center helps individuals and families overcome social, economic, and educational challenges and helps parents gain access to the skills, resources, and knowledge they need to provide a solid foundation for their children and families to thrive.

PROGRAMS

The Center is dedicated to improving the health and well-being of infants, seniors, and everyone in between by providing culturally-sensitive health education and health promotion programs. See program summaries below and visit our website to learn more.

AGING MASTERY

The NCOA Aging Mastery Program helps older adults build their own play-book for aging well through fun, innovative, educational sessions. Topics include exercise, financial fitness, healthy relationships, medication management, and community engagement.

BeHEARD MILE HIGH

BeHeard Mile High gives community members the chance to have their voices heard regarding health and social issues affecting their neighborhoods by completing easy-to-take surveys.

LEARNING TO LIVE WELL

Learning to Live Well emphasizes key aspects of health insurance coverage and how each can be used to enhance your health and well-being.

LIVING HEALTHIER TOGETHER

Living Healthier Together helps promote healthy eating and physical activity for adults. Participants learn new money-saving tips and purchasing habits, such as how to shop at farmers markets and cost comparing items.

MENTAL HEALTH FIRST AID

Mental Health First Aid offers 8-hour trainings to help participants identify, understand, and respond to signs of mental illnesses and substance use disorder and utilize skills to provide initial support.

MEN’S PROSTATE HEALTH

Men are encouraged to take charge of their health with a free prostate cancer screening. Check our website for screening dates and times.

STRENGTHENING FAMILIES

Strengthening Families Program (SFP) is an evidence-based, nationally and internationally recognized family skills training program for families with children birth to five years of age which strengthens parenting skills and enhances family functioning.

YOUTH CIVIC ENGAGEMENT

Youth Civic Engagement Program (YCEP) provides leadership building opportunities for Metro Denver African American high-school aged youth, helping them gain skills and develop their strengths to be active agents of social change.

HEALTH FAIR

Annual Collaborative Health Fair offers FREE health screenings (valued at more than $1,000) and family activities—Physical Exams, Holistic Care/Meditation, Dance & Exercise, Community Resources & Services, Giveaways, and Exhibits.

DESTINATION HEALTH FAMILY FEST

Family Fest is a fun-filled, family-friendly community gathering for all ages. Held at City Park’s beautiful Pavilion by the lake, this event will provide something for everyone—food, cooking demonstrations, music, exercise demos, games, opportunities for learning, and resources for healthy living.

MAT/SUDS TREATMENT & REFERRAL

Community Peer Recovery Navigators connecting people with treatment referrals and outreach efforts to harm reduction organizations or other entities engaged in naloxone distribution, including withdrawal management facilities.