EQUITABLE HEALTH ASSOCIATION

Community Health Workshops

Information Package

Serving rural communities through accessible health workshops and practical resources

About Equitable Health Association

Mission

Equitable Health Association (EHA) is a non-profit organization dedicated to providing accessible and reliable health information for rural and underserved communities. Through community-based educational workshops, practical health-support resources, and relevant partners, we aim to bridge gaps in health literacy across southwestern Alberta.

Vision

We believe that health knowledge and education are human rights. We envision a future where everyone has the opportunity to make informed decisions about their health, regardless of geographical, economic, or ethnocultural background. Beyond delivering educational resources, we strive to be a team that listens to each community, respects their culture, and works alongside them to create meaningful interactions.

Values

- Health-related knowledge, education, and resources
- Equity and diversity
- Community involvement
- Tangible support
- Collaboration
- Resourcefulness
- Leadership
- Communication
- Cultural understanding
- Awareness

Our Workshops

EHA's Community Health Workshops provide opportunities for people to explore important health topics. Each workshop is designed to make health information approachable, practical, and relevant to everyday life. We believe that these workshops should take a collaborative approach and be inclusive of the needs of both EHA and the rural host community.

Target Audience

Anyone

interested in developing more well-rounded health knowledge

Duration

4

hours

Delivery

In-Person

hosted in rural communities with an expected attendance of 30-40 participants

Community Benefits



Opportunities to meet a variety of health professionals



More holistic understanding of health



Safe space to discuss different lifestyles and health approaches

What to Expect

Community Health Workshops combine educational presentations with opportunities for participants to ask questions, share perspectives, and engage with the material.

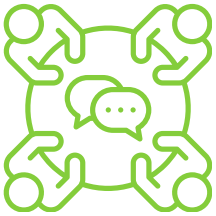
Community-Based Presentation

- Interactive presentations focused on a specific Area of Health (see page 4)
- Engaging activities and discussion
- Collaboration with healthcare professional(s) and community partners
- Q&A portion

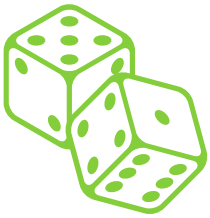
Sample Activities and Discussion



Panels
Keynote speakers
Demonstrations



Round-table
Simulated case studies



Trivia
Never Have I Ever
Would You Rather
Reverse Problem Solving

Guest Professionals

- Share their knowledge
- Provide feedback to reinforce the accuracy of the information presented
- Help answer questions from the audience

Handouts and Resources

Participants:

- Receive materials designed to support continued learning at home
- Gain information packages and/or kits (e.g. meal plan templates, first-aid kits, etc.)
- Share what they've learned with friends and family through provided resources (digital and physical copies)

Areas of Health

Each Community Health Workshop focuses on one of the following Areas of Health to deliver a focused, in-depth, and holistic workshop.

Cultural Medicine
Explores and compares different cultural perspectives, traditional health practices and lifestyles, and subtopics of medical anthropology

Digital Health
Analyzes digital health tools, online health information and misinformation, and emerging cutting-edge health research

First-Aid
Breaks down the basics of immediate care, hazard assessment, and navigating life-threatening situations

Maternity Health
Holistically explores pregnancy, maternal well-being, and prenatal and postpartum care

Mental Health
Examines well-being, leading causes of mental illnesses, coping mechanisms, and how identify and support others with mental illnesses

Nutrition
Analyzes what healthy eating can look like, balanced nutrition and lifestyle, everyday food choices, and food labelling and safety

Preventive and Long-Term Health
Explores healthy aging, ways to prevent diseases, and the management of long-term and ongoing health needs and choices

Sports Medicine and Fitness
Examines physical activity, prevention and recovery of exercise-related injuries, and lifelong fitness and lifestyle choices

Substance Use and Addiction
Explores strategies to recognize and respond to substance use and understand addiction

Women's Health
Explores women's health needs, gaps in women's health research and support, and how certain health choices impact women differently

Each Area of Health will also explore the related issues through a rural lens.

Workshop Sample Itinerary

Welcome and Introduction | 15 minutes

- Opening remarks
- Introduction to EHA
- Introduction to the selected area of health

Information Session 1 | 1 hour

- Presentation by a guest professional
- Demonstration or interactive element
- Q&A

Table Discussion 1 | 30 minutes

- Interactive activities and discussion

Refreshments and Networking | 20 minutes

Information Session 2 | 1 hour

- Presentation by a guest professional or EHA member
- Demonstration or interactive element
- Q&A

Table Discussion 2 | 30 minutes

- Interactive activities and discussion

Wrap-Up and Feedback | 25 minutes

- Summary
- Open Q&A, feedback, and experience-sharing session
- Remind participants about resources/handouts provided
- How to stay connected with EHA
- Fill out or direct to post-presentation feedback forms (10 minutes)

Workshop Timeline

Gathering Resources

Creating a workshop volunteer team, collecting tangible health resources for workshops, and building partnerships.

Building Partnerships

Collaborating with other organizations, inviting relevant experts as guest speakers, and reaching out for educational materials and resources (e.g. naloxone kits).

Reaching out to the Rural Community

Selecting a rural town willing to host our workshop, choosing a suitable Area of Health, and working collaboratively to engage the local community.

Workshop Preparation and Team Coordination

Time managing, scheduling, cooperating with volunteers, and conducting a practice run of the workshop.

Workshop Day

Traveling to the designated rural area by bus or carpool, presenting and facilitating, and exploring the town or learning something from the community as part of the volunteer team before arriving home.

Reflection and Evaluation

Reflection and evaluation through surveys, meetings with volunteers and board members, and meetings with partnering organizations.

Interested in Hosting?

EHA Provides:

✔️ **Presentation**
✔️ **Guest speaker(s)**
✔️ **Handouts**
✔️ **Activity supplies**
✔️ **Resources**

Host Provides:

✔️ **A suitable venue with seating for participants**
✔️ **Basic presentation equipment (projector, screen, or television, if available)**
✔️ **Assistance with local promotion and participant registration**
✔️ **A designated contact person for event coordination**

FAQs

Q: Do we need to pay anything to EHA for coordinating these workshops?
A: No; we will have volunteers coordinating the workshops! The Community Health Workshops information package has more detail about what rural host communities should provide (e.g. venue).

Q: Why are the workshops 4 hours?
A: A 4-hour workshop can go by fast! We want participants to have the chance to share their experiences during discussions and be able to ask their questions to the guest professional(s).

Q: What if we don't get to host a workshop with our first choice Area of Health?
A: We will look at your second and third choices and work with you to deliver a successful workshop with the available resources and timeline. We can also collaborate again in the future to look at the top choice again.

Bring This Workshop to Your Community!

Fill out our **Rural Host Form** to host a Community Health Workshop and we'll collaborate with you on upcoming opportunities!

Thank you for your interest in hosting a Community Health Workshop with Equitable Health Association (EHA)!

Contact Us

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Instagram:
@equitablehealthassociation

Facebook:
Equitable Health Association

LinkedIn:
Equitable Health Association (EHA)

EQUITABLE HEALTH ASSOCIATION