New Year’s comes and goes, and we all make the **NEW RESOLUTIONS** every January 1st. We assure ourselves that we will eat healthy, exercise more, sleep well, reduce stress, relax more, travel, forgive, and become a better person than who we were before.

**SO...the question is how have you been with your RESOLUTIONS?** What helped you to succeed? Did you fail to keep your resolution? Will the same resolution or resolutions make your 2017 list?
CBHC BARBERSHOP/SALON PROGRAM

December 2016

WHY YOUR HEALTH MATTERS TO CBHC IN 2016?

CBHC's goal and mission has been to promote good health to be the healthiest Black folks in the nation.

CBHC endeavors to address important health issues that affect our community like DIABETES, BLOOD PRESSURE, OBESITY, CARDIOVASCULAR DISEASES!

CBHC chooses to be present in the community to establish good relationships and to be effective.

CBHC recruited new Barbershops to join our vision to meet the community where they are at!

CBHC's exists to educate and inform everyone about the importance of GOOD health.

Thank you for all who gave their time and financial support. We could not do what we do without out you!!

Remembering the Year With a Few Photos

WOW!

Merry Christmas, Happy Kwanzaa, and Happy New Year
CBHC BARBERSHOP/SALON PROGRAM

December 2016

The Barbershop History

CBHC started taking part in the community in different barbershops in 2012!

The Barbershop/Salon program has screened 5000 people since its inception!

WE screen for blood pressure & sugar levels, offer education, and resources every Saturday!

CBHC partners with 12 shops strongly, in the community?

Many volunteers from every walk of life, career, & background have showed up every Saturday to give their time in the barbershops!!

As a result of the barbershop/salon outreach, lives have been impacted tremendously!

Let's Do It Together!!

CBHC is here to collaborate with you to help you achieve your RESOLUTIONS. We do not want you to struggle by yourself. We are TOGETHER in this journey to achieve health equity. CBHC will continue to advocate on important health issues such as cardiovascular diseases, diabetes, blood pressure, obesity, social issues, and more!!!

We are marching together to be the healthiest black folks in the nation. We will continue to provide you the support you need. For more information and resources, please continue to visit FLOWdenver.org

We also want to hear from you about what other health information you are interested in for 2017. Call & Email Us!

We have more goals to reach and achieve, Can you please donate financially and your time as you are able?
CBHC BARBERSHOP PROGRAM

ARE YOU ABLE TO GIVE ONE SATURDAY EVERY 2-3 MONTHS?

- WOULD YOU LIKE TO SHARE YOUR TALENT?
- DO YOU LIKE TO SEE OTHERS LIVE A HEALTHY LIFE?
- CAN YOU DONATE FINANCIALLY SO WE CAN CONTINUE THIS PROGRAM AND REACH MORE LIFE?

Visit Website LIKE Follow FACEBOOK

Visit: www.coloradoblackhealth.org
Email: info@coloradobhc@yahoo.com
Call: 720-579-2126

We will be the Healthiest Black Folks in the Nation....Are you with US??

Just for the HEALTH of it!