

T.E.A.C.H. Your Community

T.E.A.C.H. Your Community is an outreach program that allows health professionals and motivated community members to advance the wellness of any community. Total Education and Assessment for Comprehensive Health provides the framework to engage people in a conversation about their present state of health by using compelling and rigorous health assessment tools. Education on products, services and lifestyle choices proceeds as a natural extension of the assessment process.

Expanding wellness practices has often relied on screenings and wellness fairs that are unattended by and unappealing to the majority of community members. T.E.A.C.H events leverage the relational networks in a given area by being based on the fundamental principle of community service. Proceeds from T.E.A.C.H events are donated to a 501 C3 that represents a shared value between all participants.

Coordinating a T.E.A.C.H event creates an appropriate vehicle to expand contact spheres with other professionals and prominent people within any community. Non-profit organizations are pleased to receive a helping hand and can be counted on to mobilize their constituents. Health professionals are receptive to donating time and services with the knowledge that they are favorably perceived for their efforts.

T.E.A.C.H Major Action Steps (Complete Planning Guides can be obtained from a 9to5 Nutrition Consultant):

1. Choose a charity that inspires interest and compassion within a community and action from participants. Insure that all participants are clear about the mission of the event and are passionate about the cause.
2. Identify a physical location and a constituency that is willing to participate. Choose a date and time.
3. Contact Wellness Professionals in the area to solicit their participation. Be sure they understand that donations will be passed on to the chosen organization.
4. Promote. Promote. Promote. Non-profit activities open up an enormous number of channels for promotion. Talk with newspapers, radio stations, and any other appropriate media services. Leverage the contacts of the group you are working with. Advertise in their bulletin or newsletter to insure that all members participate. Distribute flyers and posters to the offices of all participating Wellness Professionals.
5. Create a passport system that allows for the collection of objective health assessments. Use these results to educate constituents on products, services or lifestyle changes that can advance their well-being.
6. Gather all demographics collected to ensure appropriate follow-up with all participants.
7. Plan the next event in three to six months.