



BETTER INFORMED COMMUNITIES ARE HEALTHIER COMMUNITIES

HACES is a valued resource for accessible and reliable health information to the communities that we serve.

Support Your Community

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Health is a cornerstone of immigrant integration, as much as education and the ability to speak English. Various factors, from lack of access and economic status, to fear of deportation affect our community's health and deter them from seeking care.

In the communities we serve, Latinos tend to have a higher prevalence of chronic health conditions such as obesity, diabetes, and hypertension. Obviously, these conditions can lead to further health complications if not properly managed. The work that HACES does leads to better and more effective health management through:



A key component of our Health Resource program is the partnerships we've developed with other Lake County based nonprofits, which help us strengthen health services provided to the community. Collaborative partners include Rosalind Franklin's *Community Care Connection* program, Roberti Community House, Catholic Charities and Highwood Public Library and Community Center.

Since January, HACES has hosted five health related workshops, with topics ranging from dental health to healthy relationships. We believe these workshops positively impact the ongoing health of our clients and their families and will continue to do so.

Health information workshops raise awareness about the importance of preventive care, regular health check-ups, and early intervention for health issues. Depending on cultural background and experiences, some may not be aware of these life-preserving practices.

We will be hosting the following health workshops this summer:

- Friday, July 28: cholesterol screening and presentation
- Tuesday, August 1: group therapy info session – an introduction to how group therapy works
- Friday, September 1: foot health and education

Sesión Educativa sobre Colesterol
28 JUL

HACES: VIE 28 de Julio de 9:30-12 pm
Únase a nosotros para un taller de educación sobre la salud centrado en el colesterol y lo que significa tener hiperlipidemia. Invita a un amigo y/o trae cualquier pregunta/duda que tenga sobre el tema.

HACES
HISPANIC AMERICAN COMMUNITY
EDUCATION AND SERVICES

(847) 244-0300 EXT 301
(847) 578-0670
820 W Greenwood Ave.
Waukegan, IL 60087

Sesión Informativa: Grupo de apoyo
con Yenny Avila, LCPC

Martes, 1 de Agosto
4:00 pm - 5:00 pm

HACES
820 W Greenwood Ave
Waukegan, IL 60087

Regístrese ahora:
847-244-0300
Ext. 301

Le invitamos a acompañarnos a nuestro grupo de apoyo, el cual brinda un espacio seguro y confidencial donde estará en comunidad y podrá desahogarse con personas que lo entienden y apoyan.

For more information about our Immigrant Family Health Resource Program, please visit our website at <https://haces.org/>. As always rely on you – our donors -- to supplement the funding we receive from other sources. For example, we need more materials and funds to support training. Will you consider a donation today?

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Celebrating Success through our Citizenship Classes

Clients of HACES who are in the process of becoming citizens have the option to attend our citizenship classes taking place on Wednesday afternoon from 6:00pm to 8:00pm and Thursday morning from 10:00am-12:00pm. Our citizenship classes are growing faster than ever. In total, we currently have 50 students enrolled! Attending our citizen classes contributes largely to the success of our clients. At HACES we achieve goals together as an "HACES familia".



As our Citizenship Class grows so does the need for more volunteers!

CITIZENSHIP CLASSES SPANISH SPEAKING VOLUNTEERS NEEDED

When?
Thursday, 6:00pm-8:00pm

Where?
820 W Greenwood Ave,
Waukegan, IL 60087

Qualifications

- Bilingual English/Spanish required
- Reliable
- Flexible and open-minded
- Friendly
- A willingness to help others
- No experience necessary we will train!

Interested?

Please contact Martha Hernandez at mherandez@haces.org, or 224-946-1823

You can also go online: haces.org/volunteer

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[BECOME A VOLUNTEER](#)

