



# Bridgeport Caribe Youth Leaders presents.... **Caribe Youth Health Explorers**

## **INTERESTED IN LEARNING AND PROMOTING HEALTHY LIFESTYLE?**

BCYL is seeking youth ages 15-22 to participate in a 9 month Healthy Lifestyle Program. Building community, empowering citizens and sharing information and skills to grow a healthier and happier life.

### The program includes:

- Health workshops
- The impact foods have in our lives
- What foods help build a strong immune system and obtain optimal health and wellness
- Participants will create and present a program to community educating and offering simple changes for healthy lifestyle

**Qualified youth selected to be part of Caribe Youth Health Explorers will be paid a stipend of \$500 upon successful completion of program.**



Did you know ?

According to the Department of Health...  
30% of Bridgeport children are diagnosed with  
some form of diabetes by age 4.

## **ORIENTATIONS ARE BEING HELD**

**Wednesday September 30th and Thursday October 1st at 6PM**

**at the Bridgeport Caribe Youth Leaders Office**

**1067 Park Avenue, Bridgeport, CT 06604**

**Call Ruth Ortega (203) 913-0073 to reserve your space for the orientation**

**Only 10 youth will be selected.**