

The Community Wellness Advocate Program

It's about healthy individuals, families, and communities



The Community Wellness Advocate (CWA) Program teaches students to successfully implement health promotion and health education activities in their community.

It is ideal for village health and human service workers, such as Community Health Aides, Community Health Representatives, and others who want to help make a difference in the health of their community.

For a detailed course description, visit the UAS website

<http://www.uas-sitka.net>

and click on the CWA program in the index.

What you'll learn:

- Basic information on public health and the health issues important to Alaskans.
- Changing individual behavior.
- Teaching methods.
- The building blocks of group and community health education.



CWA students at the University of Alaska, Sitka campus, during a week-long session.

To Register:

Call the University of Alaska SE Instructional Support Services
(907) 747-7757 or
1-800-478-6653, ext. 757
E-mail: tydist@uas.alaska.edu

For Program Information:

Call the CWA Program Coordinator
907-966-8734
E-mail: cwacoord@searhc.org

Job Opportunities

Over 80% of current or former CWA students are working in health promotion.

Here is where they are working:

- SouthEast Alaska Regional Health Consortium (SEARHC)
- Aleutian/Pribilof Islands Association (APIA)
- Planned Parenthood of Alaska
- Chugachmiut
- Kodiak Area Native Association (KANA)

Here is what they're doing (and this is the short list!).

- Health fairs
- Healthy food demonstrations
- Community walking programs
- School health presentations
- Exercise classes
- Health newsletters
- Community profiles



Here's how it works!

- 3 courses taught over one academic year; weekly 1.5 hour audio-conference classes .
- Weekly assignments, 2 projects per course, and a final exam at the end of each course.
- 12 credits earned; may be applied to the CWA certification program, or other degree programs.
- Course 1 and 3 require a one week residency on the UAS Sitka campus.
- Students need access to the Internet
- Financial aid is available to eligible students.

If you're interested in the program, distance is not a barrier. The CWA Program is distance delivered, allowing students to take classes from any place in Alaska for college credit.



Computers and the Internet are also used in the program.

SEARHC
Health Promotion Dept.
CWA Program
222 Tongass Ave.
Sitka, AK 99835



Community Wellness Advocate Program



Creating Harbors of Well-Being

Offered statewide through
DISTANCE DELIVERY

A cooperative effort of SouthEast Alaska Regional Health Consortium (SEARHC) and the University of Alaska Southeast-Sitka Campus.