Help your community manage their chronic conditions with healthy food

Houston Food Bank’s Core Connections Network is an 8-week health and wellness educational program that will empower participants to actively embrace healthy choices and break cycles that prevent them from managing their chronic conditions.

Core Connections Network health and wellness classes cover these topics:

- Action Planning
- Chronic Condition Self-Management
- Coping and Stress Management
- Nutrition
- Staying Active

**Houston Food Bank will provide:**

- 8-week course curriculum and supplies
- Training for on-site course instructor
- Ongoing support throughout the program
- Access to nutritious foods for participants throughout the program following the Food RX model

**Partner will provide:**

- 8-15 participants per cohort
- Data collection at intake and graduation
- Conduct at least 2 cohorts per year
- Qualified health educator or health professional to instruct course after training

For more information, contact: foodrx@houstonfoodbank.org

This institution is an equal opportunity provider.