



We Can Help You Manage Your Health with the C.A.T.C.H. program

Culturally **A**ppropriate **T**ransformation to a **C**ulture of **H**Health

What is the C.A.T.C.H. Program? It is an evidence-based service program designed to offer **personalized health coaching to immigrants or refugees.**

What will I do? You participate in weekly in-person or tele-health coaching meetings for about 8-10 weeks. You will receive training for health coaching and will work in collaboration with an interpreter, SLU faculty members, and community experts.

Who are the health coaches? The health coaches are Saint Louis University college students interested in careers related to health care. These students are specially trained to assist immigrants and refugees who are seeking assistance with managing their own personal health. We can provide an interpreter, if needed.

How much does it cost? This program is free for program participants. It is supported by the Lutheran Foundation of St. Louis and Saint Louis University.

Can I participate? You will need to be at least 18 years old, foreign-born, and live in the St. Louis region.

For more information, please call or email: Dr. Tanya Hauwadhanasuk at **tanyathorn.hauwadhanasuk@slu.edu** or **(314) 803-0637.**