

Health Literacy Workshop: *Building Skills for Better Health Decisions*



The Black Infant Maternal Health Initiative (BIMHI) is hosting a workshop to support our community in building essential skills for everyday health.

Why attend?

Knowing how to understand health information can help you keep your family healthy. It helps you understand what doctors say and when to ask for help. This makes it easier to care for your children and loved ones with confidence.

At this workshop, you will learn how to:

- Understand medicine labels and health terms
- Understand how to use your doctor's advice to support your health and wellness
- Ask clear questions when you talk to doctors
- Notice warning signs that a child may not feel well, in body or mind
- Receive tools and guidance to help your child manage behaviors
- Know why regular check-ups and tests are important
- Speak up and help protect your child's health

Take an important step toward better health for you and your family!

**FREE
SNACKS,
DRINKS, &
CHILDCARE!**

Event Details

June 11, 2026

🕒 5:30 PM – 7:00 PM

📍 Owens Elementary School

815 Potomac Ave.

Bakersfield, CA 93307



**Scan QR
Code to
RSVP**

Questions? Contact Carly Dawson at dawsonc@kerncounty.com

For more information, visit
kernbimhi.com