



ThPS Session 6: Wellness Promotion & Health Literacy

Resource Document

Access the [complete webinar](#) with Closed Captioning for the hearing impaired.

Course Objectives

Upon completion of this course, you will be able to do the following:

1. Explain methods of providing health information
2. Describe how to teach others how to access health information
3. Explain how to teach health promotion skills

Course Outline

- Orientation
- Section 1: Welcome & introductions, learning objectives, questions for audience
- Section 2: Wellness is..., wellness promotion, health literacy, importance, challenges to health literacy, examples, identifying reputable sources
- Section 3: Evaluating health literacy, what can you do?
- Section 4: Teaching others how to access health information, where to find it, where to access, is it reliable?, shared decision making, health promotion skills
- Section 5: How to teach them, small group activity, large group processing
- Section 6: Large group processing, wrap up, Maryam's minute, Thanks

For Further Study

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