

# Newcomer Education for Wellness (NEW)

Minnesota Center of Excellence in Newcomer Health Video Series

## LEARN ABOUT YOUR HEALTH

Join this free education project to receive short, informational health videos in your own language – directly to your phone!

### What is it?

- Health education made easy with short videos texted right to your mobile phone
- Completely free

### Who can join?

- Recent arrivals to the U.S. who want to learn more about their health
- Anyone looking for simple health tips in their own language



### LANGUAGES

Arabic	Karen
Burmese	Pashto
Dari	Somali
English	Spanish
French	Swahili
Haitian Creole	

### Sign up to learn more about:

- How to get free interpretation at clinics
- When to go to a doctor vs emergency room
- Dental and vision care
- Healthy eating and stress management



## [COE Newcomer Education for Wellness \(NEW\)](https://forms.web.health.state.mn.us/form/coe-new)

<https://forms.web.health.state.mn.us/form/coe-new>



scan with phone camera

Questions? Contact us:  
[MNCOENewcomerHealth@state.mn.us](mailto:MNCOENewcomerHealth@state.mn.us)



These educational videos are for general knowledge and informational purposes only. They do not give medical advice. Always talk to your doctor or other health care professional for advice or questions you have about your health.

The Minnesota Center for Excellence in Newcomer Health is supported by 1 NU50CK000563 from the U.S. Centers for Disease Control and Prevention.