Health Education

In partnership with the community, San Benito County Public Health Education Program has been established to promote the health and wellness of the people of our County.  In doing so, Health Education is engaged in a broad range of activities designed to promote good health in individuals, families and the community.  We provide preventive services, and work with local health care providers and other community partners to connect people with the resources they need to live healthy lives.  Programs include:  tobacco education, nutrition and physical fitness education, tobacco ordinance information, and general health education.  We provide trainings, presentations, one-to-one services and consultation services to guide people toward healthier lives for themselves and their families.