**Overall Educational Goal:**
This community service project was originated through the Morehouse Minigrants Service Learning Program. It serves El Club Tu Perteneces (The Club You Belong), which provides a support network for elderly Spanish-speaking residents of the greater New Brunswick area. A maximum of 15 seniors from the club attend each session. Our program was developed in order to provide a collaborative forum in which students & community members could interact in such a way as to improve their proficiency in each others’ language. By emphasizing the mutual nature of this education program, we find the community members to be very open & helpful in achieving this goal. Also, by developing relationships over the course of several months, we learn how to better interact with members of this culture & community participants report feeling more comfortable around health care providers.

The mission of this program LISTOS, which translates as “ready,” is four-fold: 1) Students who participate in this program have the opportunity to improve not only their proficiency of the Spanish language but also learn how to better interact with the Spanish-speaking population in the greater New Brunswick community. 2) Students learn how to effectively communicate health literacy concepts to another culture and language group. 3) We strive to improve the English proficiency of the Spanish-speaking participants with regard to health literacy and basic phrases that would be helpful in interactions with health care providers. 4) We aim to improve the seniors’ quality of life through a basic understanding of health literacy concepts, including proper exercise routines, nutrition and avoidance of deleterious behaviors such as smoking.

**Objectives**
Students will each lead three of six sessions on the following topics: exercise, nutrition, healthy heart, heart-related conditions, healthy habits & lifestyles, integrative review.
**BRIEF DESCRIPTION OF ACTIVITIES**
Each session, including a student preparatory meeting, will take approximately three to four hours. Students will review the lesson plan and the relevant Spanish words. Sessions with the seniors will be taught in Spanish and will consist of pre-assessments, numerous educational activities, post-assessments and homework. Educational activities include group discussions, handouts, demonstrations of exercise, taking one’s pulse and interactive games.

**METHOD OF EVALUATION**
In order to receive recognition for their participation in this elective, students must:

1) attend the introductory and orientation meeting to be held before the program begins,
2) attend the planning meeting held before each individual session they are taking part in,
3) lead three to four of the six sessions and
4) complete an evaluation at the end of the program.