

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Talks & Workshops

Topics include

- Breast cancer
- Prostate cancer
- Chronic illness management
- Healthy heart education
- Colon cancer prevention
- Diabetes prevention and management
- Resources in the community
- Gynecological health:
 - ovarian cancer
 - cervical cancer
- Infant mortality
- Cultural education
- Smoking cessation education and support
- Stress

Contact Kathey Avery today for scheduling.

www.AveryHEC.com

Serving Henderson and Buncombe County During COVID-19

BY CO-CHAIRS KATHEY AVERY RN, & STEPHANIE SWEPSON TWITTY

“We are honored to have a partnership with Curamericas Global, the selected agency of the North Carolina Department of Health and Human Services to lead the Statewide Health Initiative during COVID-19, addressing the incredible issue of inequities and access to healthcare and vital resources, which have been exacerbated by the pandemic,” said Kathey Avery, founder and co-chair of IFPHA.

IFPHA and Curamericas will be working directly with community health workers, training them to

identify and connect underserved families with vital resources, including food, COVID-19 testing sites, unemployment offices, transportation resources, and more.

In order to improve the health of these individuals and families, we must understand the unique needs of their community and connect them to resources—whether that’s food, internet services, or information about the coronavirus.

We have been an ally to African American and Latinx communities

Local partners include Eagle Market Streets Development; CDC, providing fiscal sponsorship; and Avery Healthcare and Consulting, LLC.

across Western Carolina, making daily calls, door-to-door home visits when needed to ensure families have the resources, providing education, resources, and support needed to navigate this pandemic.

Curamericas’ partnership with NCDHHS will leverage NCCARE360, the nation’s first statewide technology platform that coordinates the work of organizations addressing non-medical drivers of health, such as food, housing, transportation, employment, and more.



Visiting homes in the Hillcrest community to ensure that families have the resources needed to navigate the pandemic.



IFPHA and Curamericas are working to improve the health of African American and Latinx residents across Western Carolina.



The mission of the Institute for Preventive Healthcare & Advocacy is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

To learn more, visit www.averyhec.com/ifpha.