

## New Healthy Life Style Community launched by IFRC

Idioma Undefined

The International Federation of Red Cross and Red Crescent Societies (IFRC) has recently launched Healthy Lifestyle Community, a web site for health enthusiasts, people interested in learning more about NCDs, people looking to share ideas about health-related projects, and more.

The site consists of a free, self-paced course about NCDs and ways to reduce [risk factors](#) [1]. In addition, there is a community forum for users to ask questions, collaborate on projects, and share tips for healthy living.

They are also welcoming feedback for improvements to the course and site. Please share feedback in the community forum section.

Read more [here](#) [2]

#behealthyifrc

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**Source URL:** <https://old.ncdalliance.org/es/news-events/news/new-healthy-life-style-community-launched-by-ifrc>

### Enlaces

[1] <https://ncdalliance.org/node/3216>

[2] <http://bit.ly/healthylc>