

Living a Healthy Life with a Chronic Condition

A six-week course designed for anyone who is currently affected by, living with, or caring for a person with a chronic disease. Developed by the Stanford University School of Medicine's Patient Education Research Center, this course gives participants the skills needed to cope with the symptoms and frustrations of living with a chronic condition. Offered at various times throughout the year, this program is also available on-site at your facility. Contact 523-2119 for more information.

We Can! (Ways to Enhance Children's Activity and Nutrition)

A six-week course for parents that provides information and tips on improving their family's eating, physical activity and screen time habits. Offered at various times throughout the year, this program is also available on-site at your facility. Contact 523-2119 for more information.

Nutrition/Physical Activity/Obesity

A program can be tailored to your group's needs. A variety of basic concepts/topics are available. For more information, contact 523-2119.

Healthy Heart Programs for Schools

Kindergarten

Healthy Heart

An interactive program designed for very young children. It emphasizes basic information about the heart and keeping it healthy. Also discusses the effects of nutrition, exercise and tobacco. A variety of hands-on activities are integrated into the program including listening to a beating heart and observing a real pig's heart.

Grade 1:

Exercise and Your Heart

As childhood obesity has now been declared a public health epidemic, this program is geared to build on concepts introduced in the Healthy Heart program with an emphasis on the benefits of regular exercise. Students will have the opportunity to participate in a variety of activities that will enhance their understanding and enjoyment of physical fitness.

Grade 2:

Nutrition and Your Heart

The third in a series of programs intended to provide students with increasing knowledge to maintain a healthy heart. Basic nutrition concepts including the food groups, food pyramid, 5- A- Day, healthy drink choices and the importance of eating breakfast are introduced through an interactive session.

Contact 523-2119 for more information.

Other School Programs:

All Grade Levels:

*Basic Nutrition
Physical Activity/Fitness
Child Obesity*

Programs focusing on basic health concepts involving nutrition, physical activity and obesity. Topics covered may include: My Pyramid!, Reading Food Labels, Food Groups, Eating Breakfast, 5 A Day, Healthy Snacks, Serving Sizes, and Fat. Programs can be tailored to meet specific needs of requesting group.

4th grade:

Lunch Mates for Better Nutrition

A program that utilizes lunchtime volunteers and classroom lessons to increase the amount of fruits, vegetables and milk consumed by students as well as their awareness of basic nutrition concepts. For more information on how your school can become a partner in this project, contact 523-2119.

K -8th grade:

SPARK (Sports Play and Active Recreation for Kids) After School Program

A quality after-school physical activity program proven effective by research with thousands of young people across the United States. SPARK aims to help students maintain and/or improve their health and well-being by engaging in adequate amounts of physical activity. For more information on how your organization can become a partner in this project, contact 523-2119.

Contact 523-2119 for more information on these and other opportunities for your school.