



WORKSHOPS ON HEALTH

Diabetes

- Introduction to Diabetes
- How Diabetes Affect You
- Preventing Complications
- Role of Neighborhood Agent of Change

Drug Abuse

- What are Drugs
- Coming to Terms with Drugs
- Drugs in Our Neighborhood
- Investigating Drugs
- Stories of Drug Use
- Saying No to Drugs

First Aid

- Responding in Emergencies
- Choking
- Wounds and Injuries
- Fractures
- Burns and Bites
- Review of First Aid

Health Screening

- Health Screening & Education Overview
- Preparation for Health Screening & Education
- Health Fair Games
- Health Screening & Education Follow-up

Healthy Eating

- Eating the Right Foods
- Healthy Eating Part One
- Healthy Eating Part Two
- Keeping a Healthy Weight
- Balanced Diet with Three Food Groups
- Healthy Eating for Children
- One Soda a Day

Heart Disease

- Introduction to Heart disease
- Cause and Risk Factors
- Signs of Heart Disease
- Prevention of Heart Disease and Stroke

Obesity & Overweight

- Keeping a Healthy Weight
- Obesity and Overweight
- Preventing Obesity
- Physical Activity
- Childhood Obesity

Stroke

- Recognition and Response to a Stroke
- Causes and Prevention of Strokes
- Rehabilitation and Recovery
- Prevention of Stroke and Heart disease

Wellness

- Wellness Strategies
- Wellness Program
- Change and wellness
- Stages of Change
- Leading Causes of Life
- Wellness Planning for Individuals
- Wellness Survey
- Does Wellness work
- Large Scale Behavior Change
- Optional
- Organization Wellness Plan
- Wellness Coordinator and Committee
- Organization Wellness Planning

STUDY GUIDES

- Multiplying Light and Truth 1 Understanding Being a Neighbor (8 Lessons)
- Multiplying Light and Truth 2 How to Be a Neighbor (7 Lessons)
- Neighborhood Transformation (9 Lessons)
- Discovery Bible Studies, Discovering God (28 Lessons)