



Outreach programs provided by the Susan P. Byrnes Health Education Center incorporate the same dynamic, interactive fun as programs that take place in our teaching theaters. These programs, however, are portable so we can reach additional students directly in school classrooms and in the workplace. As you may guess, this platform of education is divided into two distinct categories: programs for K-12 students and programs for adults.

**Outreach programs for K-12** children are conducted in school classrooms of 30 students or less. The program begins with a brief overview of the health-related topic chosen by the classroom teacher. Following the instructive portion, students are divided into small groups and rotate through hands-on activities where they will learn more about the topic. Parent volunteers are asked to lead the activity stations to aid in the learning process and to reinforce lessons at home. In programs that discuss the anatomy of a specific body system (eye, brain, or heart) students get the opportunity to view the dissection of a real animal organ!

#### **Outreach Program Topics**

- AIDS
- Alcohol Prevention
- Basic Body Systems
- Dental Health
- Digestive System
- Fitness
- Five Senses
- Nutrition
- Safety
- Self Esteem & Body Image
- Stress Management
- Substance Abuse Prevention
- Tobacco Prevention
- Violence & Bullying Prevention
- Good Touch Bad Touch
- Mental Health
- Healthy Relationships

#### **Outreach Programs Include**

- 15-20 minute instructional session
- Approximately 5 hands-on activity stations to reinforce learning points
- Activities that meet state and national health education standards
- Cross-curricular activities, meeting reading, math and science standards when possible
- Teacher packets containing preparatory and reinforcement activities

The Byrnes Health Education Center is also dedicated to inspiring adults and families to make voluntary health behavior changes. By offering a full spectrum of services for the workplace, we have successfully developed programs for businesses with 10 to 3,300 employees, in diverse areas such as manufacturing, construction, offices and schools. Programs are custom tailored to a companies unique business needs and health risks of employees.

#### **Adult Health Education Services:**

- Customized corporate health assessments
- Coordination of employee wellness team
- Development of a strategic wellness plan
- Dynamic onsite health-related classes & programs
- Written Materials for staff distribution
- Personal health coaching
- Evaluation of programs goals and objectives
- Onsite personal fitness trainer

#### **Adult Health Education Topics:**

- Goal Setting
- Cardiovascular Health
- Diabetes Risk Reduction
- Nutrition
- Fitness
- Women's Health
- Men's Health
- Medical Consumerism and Healthcare
- Tobacco Cessation
- Laughter and Vitality
- Stress Management
- Worksite Safety