



2023-2024 Health Talk Catalog

For Schools, Employers, and the Public.

**Cass County Health Department
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Quick Reference of Health Talks Available by Grade Level

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From the Health Department:

The Cass County Health Department is a major resource in Cass County where residents can turn for education, treatment, and other basic health services. CCHD has a highly trained and professional staff that interacts well with the public and patients of all ages. CCHD has worked hard to build its positive reputation in the community and looks forward to bringing their expertise into Cass County classrooms and businesses. We currently have multiple staff members that specialize in Health Education and we are happy to bring our expertise to you and your group!

Don't see the talk you want in this catalog?

We would also be happy to tailor a talk for your classroom or workforce. If there is a specific topic that you believe your group would benefit from, just give us a call and he will be happy to put the wheels in motion to prepare an effective and worthwhile talk for your group.

Please remember that in addition to talks, we have resources available for your use. Just give us a call, tell us your topic, and we'll be able to tell you about any available equipment and supplies that you may borrow or check out. Also, feel free to contact us with any questions or ideas that you have that we may be able to assist you with.

To request a talk or ask a question, contact us!

For Virginia, Ashland, & Chandlerville Areas

Bryanna Cloninger
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Louise Yale
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For Beardstown Areas

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Hillary Kelly
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Thank You!

Meet the Educators

Elsy Ayala

Elsy is the Community Health Worker Supervisor and resource specialist for the Cass County Health Department. She is also, an Insurance Navigator and assists individuals with Marketplace and Medicaid applications. If there is a need for any resource or health talk she is the person that can assist. Her work has flourished in building strong lasting relationships with community agencies and school districts. Elsy has been in Cass County most of her life and is very eager to find ways to improve and assist our diverse community.

Louise Yale

Louise is a Health Educator/Women's Health Specialist at Cass County Health Department. Louise has been with the health department since the beginning of October 2022. She graduated from Waldorf College with her Bachelors of Science degree in Exercise Science/Wellness in 2008. She also earned her Masters of Science degree in Nutrition and Wellness Programming from Benedictine University in 2015. She has worked with various health education and programming such as corporate wellness, personal training for exercise and nutrition, and health education outreach for a number and variety of age groups. She loves to help individuals and communities with prevention of diseases and illnesses through simple education and utilizing tools that are easy to access and find in your own home and neighborhood. She is passionate about the health and wellbeing of all individuals and is here to assist with any type of health education that is needed.

Hillary Kelly, IBCLC

Hillary is a Health Educator and the Designated Breastfeeding Expert with the Cass County WIC program. She obtained her Bachelor of Science in Maternal Child Health and Human Lactation, and she enjoys providing lactation support and education to families in our community. Hillary also serves as a coordinator for the Colorectal Cancer Screening program, and enjoys seeing patients of all ages in our clinic in Beardstown. She is passionate about working in our Health Education and Outreach team to find innovative ways to improve health awareness and health outcomes in our community.

Bryanna Cloninger

Bryanna is the Assistant Director of Health Education and Outreach. She has been doing health education at Cass County Health Department for about 4 years. She graduated from Murray State University where she received her Bachelor's degree in Public Health. Her role at the health department is to educate on a vast array of health topics to increase the well-being of those in the community. She has a passion for health education and illness prevention and hopes to be a staple in the community for any of those needs. If there is a topic that you are interested in, please reach out to her.

Audra Elam

Audra Elam is the Welcome Center Coordinator at the Cass County Health Department. She received her Bachelor's in International Studies from Southern Illinois University. She works as a community resource for our immigrant population. She provides education and case management services to new and existing immigrant families who reside in Cass and Schuyler County. She enjoys assisting families with navigating through specific obstacles they face and assessing the ever changing needs of the immigrant community. She hopes to improve communication and cultural barriers in our community in order to assure better access to services for our foreign born population.



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2023-2024 Health Talks offered by the Cass County Health Department

Topic: Dental Health Presentation

Grade Level: Pre-K - 5

Description: These presentations cover numerous aspects of dental health. The lower grade levels will learn the basics of dental hygiene including the functions of teeth, importance of brushing and healthy food choices. The upper grade levels will focus more on proper brushing and flossing, healthy lifestyle choices and also dental problems that can arise.

Goal: The lessons are designed to encourage students to think about the importance of their teeth as well as proper dental hygiene. Educating students on the negative consequences that can occur from lifestyle choices is also an essential part of the lessons.

Objectives: Students will be able to identify the basic functions of teeth

Students will be able to distinguish between foods that are good and bad for their teeth

Upper grade level students will be able to identify negative lifestyle choices that impact their dental health.

Topic: Hygiene

Grade Level: 3-12

Description: This age-appropriate presentation covers all aspects of personal hygiene. It includes hygiene information on dental health and proper body and hair care.

Goal: Students will be able to apply the skills learned from this presentation in their lives.

Objectives: Students will be able to demonstrate the proper way to wash their body.

Students will be able to demonstrate the correct way to brush and floss their teeth.

Topic: Mindfulness

Grade Level: Pre-K - 8

Description: Through this mindfulness-based lesson, we introduce mindful listening. What is Mindful Listening? From the buzz of a cell phone to the wail of a siren, sounds are all around us. Mindful listening helps us choose which sounds to focus our attention on and helps us to be thoughtful in the way we hear and respond to the words of others.

Goal: For children to train their attention on specific sounds and try to identify those sounds.

Objective: Children learn how Mindful Listening skills can help them communicate more successfully.

Topic: Handwashing and Flu Prevention

Grade Level: Pre-K - 2

Description: Handwashing and flu prevention are essential for maintaining good health. This presentation will last approximately 40 minutes and provide hand washing and cold/flu prevention information. For the lower grade levels, this health presentation will focus on handwashing basics including how and when to wash your hands. The first and second graders' talks will focus mostly on why handwashing is important and how germs are spread. A black light system will be used for students K-2 to provide a visual of the effectiveness of handwashing.

Goals: This lesson is designed to increase the effectiveness and frequency of proper handwashing. **Objectives:** Students will be able to recognize a time when handwashing is needed.

Students will be able to properly wash their hands.

Students will be able to identify ways that germs are spread.

Topic: Managing Screen Time & Internet Safety**Grade Level: Pre-K – 8, Adults**

Description: Spending too much time watching TV, playing video games, or using a computer, tablet, or smartphone can increase a kids' chances of becoming over weight, decrease school performance, decrease physical and mental health along with interfering in relationships with friends and family. Anyone can fall into the trap of putting too much information out on the internet or drawing in strangers, especially kids with spending more time on screened devices and game consoles. This lesson will help students learn the importance of choosing healthy, active alternatives instead of being glued to a screen along with ways to stay safe while using the internet. A presentation for parents is an option which includes tips on how to help your kids reduce screen time, spend more time being active, and ways to keep your child safe while using the internet. We will also discuss the unhealthy side effects of too much screen time and outcomes from not using the internet safely.

Goal: Brainstorm ways to replace screen time with other fun activities, discussion and understanding how to stay safe on the internet while still having fun.

Objective: Learn why too much screen time can be harmful for you and how the internet can be a safe and fun place for everyone with the right education and information.

Topic: Household Poisons**Grade Level: K-5**

Description: Participating classrooms will be visited by a health educator for a poison presentation, lasting approximately 35 minutes. During this presentation, students will be actively involved in recognizing household poisons and common places where they can be found. This presentation also involves distinguishing between poisons and other "look-a-like" items. The upper grade levels will focus on household items that are commonly used as drugs.

Goals: This lesson is designed to increase awareness about common household poisons and what actions should be taken to avoid exposure.

Objectives: Students will be able to define what a poison is

Students will be able to distinguish between harmful and harmless "look-a-like" objects

Upper grade level students will be able to identify two household items that are commonly misused

Topic: Bullying**Grade Level: K-9**

Description: This presentation is approximately 35 minutes. This presentation covers many aspects of bullying. For the younger children, the focus is more on being polite, keeping your hands to yourself, sharing, and feelings. For the older students, the presentation is geared more towards recognizing how certain behaviors can be portrayed as bullying, the feelings associated with bullying, how to deal with bullies and also cyber bullying.

Goal: This lesson is designed to educate students on bullying, constructive ways to handle bullies and also the negative emotions bullying brings.

Objectives: Students will be able to define what bullying is.

Students will be able to list constructive ways to deal with the negative feelings associated with being bullied.

Topic: Nutrition & Physical Activity**Grade Level: K-8**

Description: Students K-8 will receive age appropriate lessons on proper nutrition, a balanced diet, and physical activity to stay their healthiest.

K/1 grade level – (30 minutes) The youngest of students will begin identifying junk foods, sweets and other foods that they need to be careful with. They will play games in which they will be asked to identify the various food groups such as fruits, the vegetables, proteins, grains, dairy, and the sweets. They will also learn what physical activity is and what they can do to get it into their day through games or playing with friends. These classifications will be reemphasized as students pass to higher grade levels.

2-3 grade level (40 minutes) Students will learn more about the value of fruits and vegetables and will work toward classifying various foods in the different food groups. Students will begin to understand the purpose of food, why our bodies need it, and what foods are essential for us to stay healthy. At this level, we will begin comparing foods and picking meals based on what we enjoy as well as what we know is good for us. Students will also learn what physical activity and exercises are along with the benefits of both forms. They will also get a better understanding of why they need physical activity and exercise for their growing bodies and minds. Students will identify what physical activity and exercises they could do and how to incorporate them daily.

4-5 grade level (35 minutes) We will continue to develop the previously mentioned ideas and will add the element of portion size and portion control to the conversation. We will begin a brief introduction to the reading of labels

and what labels mean for various foods and how to identify what may be good and bad for their bodies for development and growth. We will add to the discussion of what physical activity, exercise, and sports are along with how they can get the recommended amount of time during their day. Further discussion will continue with the health benefits of physical activity, exercise and sports along with how they can help not only the student's body but mind as well.

6-8 grade level (40 minutes) We will go more in depth in the studying of labels and choosing our foods based on content, recommended daily values, variety and nutritional value. We will begin the development of the idea that as students get older, they have more responsibility and power over what they choose to eat and how they can fuel their bodies for better participation and performance in school and daily activities. We will get more in depth of the importance of physical activity and exercise on not only physical performance but mental as well. We will discuss in greater depth the health benefits of physical activity and exercise, recommended guidelines for the student's age, and the health benefits overall.

Goal: Students K-8 will understand the value of proper nutrition and the benefit of making healthy food choices along with adding physical activity into their everyday lives for greater health benefits.

Objectives: K/1 Students will be able to identify the healthier option when two foods are presented side by side along with examples of ways to be physically active during their day.

2/3 Students will demonstrate an understanding of the food groups through interactive games. Students will describe the purpose of food and identify their favorite foods from each food group. Students will identify why physical activity is important for their growing bodies and examples of they can do every day.

4/5 Students will demonstrate the ability to accurately measure out 1 serving of food. Students will understand the health benefits of physical activity, ways to incorporate it into their everyday lives and give examples they can use.

6-8 Students will show an understanding of a nutrition facts table. Students will research and present 1 day of a balanced diet. Students will understand and identify the physical and mental health benefits of physical activity and give examples of what they can do to incorporate it into their everyday lives.

Topic: Asthma

Grade Level: 3-5

Description: For this topic, participating classrooms will be visited by CCHD staff for a presentation lasting approximately 30 minutes. This presentation will discuss what asthma is, how it is caused, triggers of asthma and prevention methods. For the upper grade levels the presentation will be more specific, focusing on how the lungs work, not smoking and also how they can help their classmates during an asthma attack.

Goal: This lesson is designed to educate students on asthma and its causes. It is intended to educate students about the harmful effects of smoking and how they can help a classmate during an asthma attack.

Objectives: Students will be able to define what asthma is.

Students will be able to list two things that trigger an asthma attack.

Students will be able to list one thing they can do to help classmates during an asthma attack.

Topic: Drug and Alcohol Use

Grade Level: 5-12

Description: This 45 minute presentation will be based on education and awareness of the dangers associated with drug and alcohol use.

Goal: Give students the knowledge to turn down the use of drugs and alcohol.

Objective: Students will be able to identify the risks associated with use of drug and alcohol use.

Students will be able to identify the long term repercussions of alcohol use before the age of 21.

Topic: Health Effects of Marijuana

Grade Level: 6 – 12; Adult

Description: This 45 minute talk will be about educating students on the long term health effects of marijuana use. There will be discussion on how the drug can affect mental and physical health.

Goal: Students will understand the detrimental effects of long term marijuana use.

Objectives: Students will be able to identify the different aspects that make up marijuana.

Students will understand that even though marijuana is legal, it doesn't mean that it is good for them.

Topic: Vaping & Tobacco Use**Grade Level: 6 – 12; Adult**

Description: This 45 minute presentation will be based on the health effects of vaping and tobacco use, smoke and smokeless. While laws and peer pressure not to use tobacco have decreased use overall, studies show that teens in rural areas are much more likely to use tobacco than students in urban or metropolitan areas. It will discuss what vaping along with other tobacco use can do to the body, brain, and to a person financially as well as long term health effects. We will discuss nicotine and the effect that it can have on the body as well. We will discuss various forms of vaping and tobacco use that are commonly seen and how they have changed over the years along with how tobacco companies target certain age groups. The presentation will also cover the use of an electronic cigarettes by an adolescent versus an adult and how it affects the body in various forms along with the costs associated with vaping and tobacco use.

Goal: Students will understand the health effects of vaping and tobacco use on an adolescent body along with the various forms that it can be seen and how it can affect the student financially. Students will discover the truly unhealthy properties of all forms of tobacco products.

Objectives: Students will develop an understanding of why vaping and tobacco use is harsh on the body and why there are laws in place to prevent use. Students will be able to understand “popcorn lung” and visually see other health risks associated with vaping and tobacco use along with understanding the individual health risks. Students will learn techniques to turn down offers of tobacco products.

Topic: Responsible use of phones and social media**Grade Level: 4 – 12; Adult**

Description: This 30 minute presentation will be based on how the student can keep themselves safe in the online world. A large portion of young people spend a great deal of time on their devices, which can increase their exposure to risks. There is discussion to increase awareness of life that is based on social media.

Goal: Students will understand that not everything is the way it seems on social media or within a group of friends.

Objectives: Students will be able to identify potential risks of irresponsible use of social media.

Students will be able to grasp that not everything is private, so the sender should be conscious of the things they are putting out on social media and text messages.

Topic: Puberty**Grade Level: 5th grade**

Description: 5th grade students will receive a one hour visit from an adult of the same sex to discuss the changes that children go through as they become young adults. In this visit, we will discuss the physiological as well as the chemical and hormonal changes that signal the beginning of puberty. Also discussed will be the need for the development of new hygiene behaviors and habits that help these individuals take care of their bodies in a healthy way. ****Students will be split up by gender for this talk.**

Goal: Students will understand the changes that puberty initiates in the human body.

Objectives: Students will list changes that are normal for young adults. Students will identify at least 3 necessary habits that they will develop as part of their personal hygiene plan.

Topic: Healthy Relationships**Grade Level: 5-8**

Description: Our 5-8 talk on Healthy Relationships will discuss the importance of respect in a relationship. Whether it is in dealing with a student’s best friend or a classmate they barely know, students will learn to communicate and problem solve to avoid uncomfortable or unhealthy situations with those around them. Also, students will learn how to be considerate of the opposite sex and the respect that is necessary in order to build healthy relationships with them.

Topic: Erin’s Law**Grade Level: Pre-K – 12 grade**

Description: Erin’s law was placed into legislation to educate and inform children Pre-K – 12 grades of age-appropriate techniques to recognize child sexual abuse and to tell a trusted adult. In this discussion, we will tailor to each grade the appropriate understanding of what sexual abuse is and what it may look like for those of that age group. We will discuss what to look for and how a student may feel if they are or have experienced sexual abuse; for that student to not be ashamed. We will also discuss techniques and ways that students can tell a trusted adult or friend either verbally or in written text so that others are aware of the situation and can take action for that student so they can get the assistance they need for a healthier life. We will discuss the importance of telling a trusted adult about sexual abuse if it is happening to themselves, a sibling, a friend, or a classmate and to not keep it a secret. Warning signs of a sexual abuse among children and adolescents will be discussed so that students have a better understanding of what observe with their siblings or peers.

Goal: Students will understand what sexual abuse is and what it may look like at various ages. Students will understand ways to tell a trusted adult if sexual abuse is occurring and techniques of ways to express it to get assistance.

Objective: Students will learn what sexual abuse is, not to be ashamed if it is occurring to them, and what they can do if it is happening to themselves, a sibling, friend, or classmate. Students will increase their knowledge of what to look for with sexual abuse and techniques to tell a trusted adult to get the help that is needed.

Topic: Skin Protection/Acne

Grade Level: 6-8

Description: During this 35 minute talk, a CCHD staff member will come to discuss skin care and protection to middle school students. This talk will be split into two components. The first part of the talk will involve acne. In this portion, we will discuss the causes of acne as well as what a teenager can do to combat and prevent acne. During the second portion of the talk, we will discuss skin protection from the sun. During this portion of the talk, we will discuss the importance of sun-screen and the short and long-term effects of failing to protect yourself from UV rays.

Goal: Students will recognize the factors that contribute to unhealthy skin.

Objectives: Students will demonstrate an increase of knowledge on proper face washing procedures.

Students will be able to detail the proper use of sunscreen over the course of a day in the sun.

Topic: Pre-prom Drug/Alcohol/Skin

Grade Level: 9-12

Description: In the weeks leading up to prom in all schools, we will be offering individual classroom presentations as well as lunch hour displays that are meant to refresh and remind students of the dangers of poor decision making by young adults. Students will learn about the effects of drugs most commonly used in Cass County and will see an emotional presentation detailing how events like drunk driving have impacted families and communities. We will also provide information on the risks of tanning bed exposure.

Goal: Students will understand the dangers of being irresponsible in social settings and the possible outcomes of poorly thought out decisions.

Objectives: Students will learn about the effects of drugs and alcohol on the body and identify the ways that these effects can endanger individual and those around them.

Students will learn about the tanning bed the true price of a tanning bed session.

Topic: Sexually Transmitted Infections

Grade Level: 9-12

*****An administrator must approve this talk***

Description: This Candid 40 minute talk discusses the reality of STDs in Cass County. We use the most recently published state statistics on Cass County to give teens an overview of the dangers that they are accepting should they choose to put themselves at risk. We will review the 6 most prevalent STDs in the county, including symptoms, treatment, and access to care for these infections and diseases.

Goal: Students will know and understand risk factors related to STDs.

Objectives: Students will list the 6 most prevalent STDs in Cass County.

Students will demonstrate an understanding of the symptoms and treatments for STDs.

Students will list prevention methods (including but not limited to Abstinence) to avoid STDs.

Topic: Birth Control Methods

Grade Level: 9-12

*****An administrator must approve this talk***

Description: In this talk about birth control. Bryanna Cloninger will come to classrooms and inform students of all of the types of birth control. Students will learn about the proper techniques of these methods as well as learning how these methods work. Students will become aware of the 12 most common methods of birth control (including abstinence) as well their rate of effectiveness and their effectiveness against STDs. Demonstrations on proper application of birth control will be included using demonstration models.

Goal: Inform students on Birth Control options and techniques.

Objectives: Students will show an understanding of the effectiveness of different Birth Control methods

Students will know and make clear important things to remember in the successful application of birth control products

Topic: Portion Size: Then & Now**Grade Level: 7- 12; Adult**

Description: In the last 20 years, portion sizes have doubled and tripled. This presentation addresses how the increase in food portions has affected the health of Americans and offers practical tips to bring meals and snacks back down to size. (30-40 minutes)

Topic: Start Smart for Breakfast**Grade Level: 7- 12; Adult**

Description: Breakfast is the most important meal of the day, and yet it is the one most often skipped. This presentation examines why breakfast is important, what happens when you skip and what are the best breakfast choices. (30-40 minutes)

Topic: Fats: The Real Scoop**Grade Level: 7- 12; Adult**

Description: Afraid of fats? Fats are an essential part of every diet. In this presentation, viewers will learn the basics of each type of fat, as well as the ones to eat more of and the ones to avoid. This includes healthy tips to incorporate into grocery shopping and cooking. (30-40 minutes)

Topic: Grocery Shopping Secrets**Grade Level: 7- 12; Adult**

Description: The Grocery Shopping Secrets presentation guides consumers through the different grocery departments to help cut through the schemes to get the best value for your food dollar.

This presentation covers meal planning, making a list, generic and brand names, shelf layout, coupons, bulk vs. packaged foods, supermarket schemes and more. (30-40 minutes)

Topic: Sodium Solutions**Grade Level: 7- 12; Adult**

Description: Most Americans get more sodium than they need. Discover what foods are high in sodium and the health consequences of high sodium diets, while exploring easy ways to reduce sodium intake. (30-40 minutes)

Topic: Balancing Act: Activity for Busy People**Grade Level: 7- 12; Adult**

Description: A 30 minute informative and fun presentation to enhance wellness

Activity isn't only for the gym! In this presentation, viewers will learn tips to incorporate activity into their everyday routine for better health. (30-40 minutes)

Topic: Food Allergies and Sensitivities**Grade Level: 7- 12; Adult**

Description: An overview of the differences between food allergies and sensitivities, symptoms, trigger foods, treatment, what is celiac disease and more. (30-40 minutes)

Topic: Fast Food Nutrition**Grade Level: 7- 12; Adult**

Description: An overview of fast food, including the history of fast food and the drive thru, pros and cons of eating fast food, and tips choosing the best options at burger joints, taco chains, sub shops, takeout and more. (30-40 minutes)

Topic: Meal Planning**Grade Level: 7- 12; Adult**

Description: Put the fun back into planning meals! Menu planning, health and nutrition, meal patterns, grocery shipping, preparation, food and kitchen safety, and time management are covered in this comprehensive presentation

Topic: Nutrition Labels**Grade Level: 7- 12; Adult**

Description: Nutrition labels can help guide us to make healthy food choices. This presentation covers how to find a food's ingredients, determining nutrition values, using labels to compare food products, and how to select foods based on nutritional value. Terminology and label requirements are also discussed. Includes information about new front-of-package labeling system designed to help make finding healthy choices easier. (30-40 minutes)

Topic: Nutrient Basics**Grade Level: 7- 12; Adult**

Description: This presentation makes learning about nutrients fun! It defines key nutrients, the food source they are found in and their function in the body. (30-40 minutes)

Topic: Obesity in a Bottle**Grade Level: 7- 12; Adult**

Description: From sodas and sports drinks to smoothies, students are surrounded by many beverage options; however, their nutritional information is often overlooked! In this presentation, viewers will learn the facts about the high sugar content and calorie count in many popular drinks, how consuming them can contribute to health problems, and choose healthier drinks or pick alternatives. (30-40 minutes)

Topic: Super Snacking**Grade Level: 7- 12; Adult**

Description: Snack smart when snack attacks strike! Learn what makes a healthy snack, why snacks are important and reasons for snacking in this presentation. Includes a review of food labels and determining serving sizes, many easy grab and go snack ideas that are simple to make. (30-40 minutes)

Topic: Building Better Salads**Grade Level: 7- 12; Adult**

Description: Is your salad a nutrition "do" or "don't"? Learn to build better salads with nutrient-rich ingredients. Includes a variety of salads. (20-30 minutes)

Topic: The Other 17 hours**Grade Level: 7- 12; Adult**

Description: The other 17 hours takes a look at ways to keep a student performing at school with the habits they build at home. Topics discussed include physical activity, snacking, mealtime, homework, down-time, sleep habits, and family time. The presentation starts when kids get out of school and includes useful pointers to make sure that when they return to school the next day, they are focused and ready. (40 minutes)

Topic: Cholesterol**Grade Level: 7- 12; Adult**

Description: This talk aims to familiarize the audience with Cholesterol. We will learn what Cholesterol is, the different types of cholesterol, what healthy levels of cholesterol are, and learn the dangers of high cholesterol. We will also learn about foods that can help lower cholesterol.

Topic: Blood Pressure**Grade Level: 7- 12; Adult**

Description: This talk will educate the audience on the topic of Blood Pressure. We will learn what Blood Pressure is, what healthy levels of Blood Pressure are, and learn the dangers of high blood pressure. We will also learn about foods and activities that can help lower blood pressure. Blood Pressure screenings will be available on site.

Topic: Obesity and BMI in America**Grade Level: 7- 12; Adult**

Description: This presentation will cover obesity trends from the past 30 years. We will study the causes of the obesity epidemic and how we can avoid the health problems associated with obesity. BMI measurements will be taken on site by request.

Topic: Blood Sugar**Grade Level: 7- 12; Adult**

Description: We will highlight the meaning of blood sugar and uncover the importance of the diet you eat. Participants will learn about diabetes and the different ways to keep your blood sugars balanced.

Topic: Breast Education for Young Women**Grade Level: 9-12**

Description: This is an hour long interactive group-based learning experience to increase young women's knowledge about breast cancer and to encourage their commitment to lifelong breast health.

Goal: Young women will increase their knowledge about breast cancer.

Objective: Young women will be able to identify myths and facts about breast cancer, learn healthy habits to decrease risk of breast cancer, and review their family health history.

Topic: Common Health Screenings for Women**Grade level: Adult**

Description: This 30 minute presentation will be based on common health screenings that are recommended for women. Many women do not know what types of health screenings they should be receiving nor why they are important. By the end of the presentation women will know what health screenings they should be receiving, how often, and why.

Goal: Women will learn about important screenings they should be receiving, when they should receive them, and how often.

Objective: Women will be able to identify which health screenings they should be receiving and when they should talk to their doctor.

Topic: Access to Women's Health Screenings**Grade level: Adult**

Description: This 30 minute presentation will provide information on how a woman can find a doctor, schedule screenings, and gain access to a health screening if they do not have insurance or have limited resources to receive a health screening.

Goal: Increase the knowledge of health screening access to women within Cass County.

Objective: Women will be able to identify how they can receive health screenings, and what resources are available to them.

Topic: Cultural Sensitivity**Grade Level: Adult**

Description: This 40-minute presentation increases and improves participants' knowledge, awareness, and acceptance of other cultures and others' cultural identities. This awareness allows individuals to successfully navigate a different culture with which they are interacting.

Goal: Bring awareness to Cass County residents to improve cross-cultural interactions.

Objective: Make participants aware of the cultural characteristics and unique qualities of the many different groups that call Cass County home.

Topic: The Demographics of Cass County**Grade Level: Adult**

Description: This 30 minute presentation walks participants through the changes Cass County has seen in its population in the past 50 years. We discuss what groups have come to call Cass County home, and give a brief overview of the general makeup of Cass County today.

Goal: Increase knowledge of the different cultural groups in Cass County

Objective: Participants will be able to name the common languages and nationalities that are represented in Cass County residents.

Topic: CPR

Description: American Heart Association based CPR class. Heartsaver and BLS classes available. Contact Bryanna for more details and class information.