

## Adult and Professional Development

	Distance Ed.	Outreach	In-House
<b>Adult Education</b>			
Opioids: What Adults Need to Know	•	•	•
Prevail Over Pain	•	•	•
You're Never too Old for an STD	•	•	•
<b>Brush - Oral Health Education</b>			
Educator Training	•	•	•
Train the Trainer	•	•	•
<b>Aging Adult Education</b>			
Active Brain Boosters	•	•	•
Health Wise for Seniors: Nutrition	•	•	•
Prevail Over Pain	•	•	•
You're Never Too Old for an STD	•	•	•

## Special Needs Program

	Distance Ed.	Outreach	In-House
<b>Learning About You Series:</b> For Youth With Special Needs			
Hygiene		•	•
Nutrition and Exercise		•	•
Tobacco		•	•
Human Growth and Development		•	•
Safety and Security		•	•
Anger Management		•	•
<b>Body Talk Series:</b> For Adults With Special Needs			
Hygiene		•	•
Nutrition and Exercise		•	•
Tobacco		•	•
Sexuality		•	•
Safety and Security		•	•
Anger Management		•	•

### McMillen Health offers more than 90 health education programs in the areas of:

- General Health
- Nutrition and Fitness
- Brush - Oral Health
- Drug, Alcohol and Tobacco Prevention
- Social and Emotional Health
- Disease Prevention and Early Detection
- Human Growth and Development
- Human Growth and Development (Diocese Approved)
- Adult Education/Professional Development
- Learning About You Series - For Youth with Special Needs
- Body Talk - For Adults with Special Needs
- Aging Adult Education

### Programs can be delivered in the following ways:

**In-house** Visit McMillen Health and experience our larger-than-life displays. Explore our Great Hall with hands-on activities before or after your program.

**Outreach** A health educator will teach the program at your location using portable props and visual aids.

**Distance Learning** Connect with an educator live through the internet. All that is needed is basic computer equipment and an internet connection.

Please call (260) 456-4511 or (888) 240-7268 to schedule or email [schedule@mcmillenhealth.org](mailto:schedule@mcmillenhealth.org).



## Quick Reference Program Guide



Education today for a healthy tomorrow.

600 Jim Kelley Blvd.  
Fort Wayne, IN 46816  
[mcmillenhealth.org](http://mcmillenhealth.org)  
(260) 456-4511 • (888) 240-7268



**We make health education fun!**

Since 1981, we have provided interactive and fact-based health education. McMillen Health has flexible options for you to attend a program. Programs can be held at our location, we can come to you (up to 150 miles from our location), or your group can connect through the internet with a live educator.

This Quick Reference Program Guide is for you to easily determine if we have a class that may be right for your group.

For a full program description, visit [www.mcmillenhealth.org](http://www.mcmillenhealth.org).



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**Youth Program**

	Distance Ed.	Outreach	In-House	Grade:												
				PK	K	1	2	3	4	5	6	7	8	9	10	11
<b>General Health</b>																
Scrubby Bear		•	•	•												
Kinderhealth		•	•	•												
Happy Healthy Me		•	•		•											
My Sensational Senses		•	•	•		•	•									
Something to Chew On		•	•	•		•	•									
Health Adventure		•	•				•									
Bones & Tone: A Moving Experience		•	•			•	•	•								
Circulate & Oxygenate: It's Your Fate			•				•	•	•							
Incredible Machine		•	•					•	•							
Odor Eaters 101		•	•	•				•	•							
Be A Brain Builder		•	•	•					•	•						
Distracted Driving		•	•	•							•	•	•	•	•	•
<b>Nutrition and Fitness</b>																
Food to Go		•	•	•		•	•									
BFF: Body Friendly Foods		•	•	•			•	•								
Food, Fitness and Fun		•	•	•				•	•							
Fact or Quack		•	•	•						•	•	•				
My Body Blueprint		•	•	•					•	•	•					
Balance Your Act		•	•	•							•	•	•	•	•	•
<b>Drug, Alcohol, and Tobacco Prevention</b>																
Habit Free for Me		•	•	•		•	•									
Be Wiser		•	•	•			•	•								
Stay Drug Free		•	•	•					•	•						
Informed Decisions		•	•	•						•	•	•				
Look Out Opioids Kill		•	•	•						•	•	•				
Seeing Through the Haze		•	•	•						•	•	•				
Don't Be the Butt of Tobacco		•	•	•						•	•	•	•			
Pharm Crisis		•	•	•						•	•	•	•	•	•	•
Vaping: Mists and Myths		•	•	•						•	•	•	•	•	•	•
Tobacco: Coughin' to Coffin		•	•	•						•	•	•	•	•	•	•
The News About Booze		•	•	•						•	•	•	•	•	•	•
Outlook on Opioids		•	•	•						•	•	•	•	•	•	•
<b>Brush - Oral Health Education</b>																
Brush Your Teeth		•	•	•	•	•										
Live Brush Assembly			•	•	•	•	•									
<b>8 Session Teen Pregnancy and Drug Prevention Curriculum</b>																
Choices Today, Options Tomorrow		•	•	•						•	•	•	•	•	•	•
Positive Decision Making, Conception and Pregnancy, Respecting Yourself - Refusal Skills, Sexually Transmitted Infections, HIV/AIDS, Drugs + Alcohol Decrease Choices, Parenting: Wake Up Call, Your Role Now and in the Future		•	•	•						•	•	•	•	•	•	•
Promoting Health Among Teens (PHAT)		•	•	•						•	•	•				
Proud and Responsible Behavior, Puberty, Pregnancy and Conception, Abstinence Works: Avoid Drugs and Alcohol, Consequences: STD's, Consequences: HIV, Consequences: Parenting, Refusal Skills and Preventive Tactics, Relationships		•	•	•						•	•	•	•	•	•	•

**Youth Program**

	Distance Ed.	Outreach	In-House	Grade:													
				PK	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>Social and Emotional Health</b>																	
Body Safety Check		•	•	•	•												
Bully Don't Bother Me		•	•	•		•	•										
Don't Give Me Any Bull		•	•	•			•	•									
No Bad Secrets		•	•	•			•	•									
Digital Citizenship 101		•	•	•				•	•	•							
Internet Surfin' Safety		•	•	•				•	•	•							
Hesitate to Intimidate			•	•													
Body Boss		•	•	•				•	•								
Stand Against Bullying		•	•	•				•	•	•							
Digital Citizenship 201		•	•	•							•	•	•				
Password to Internet Safety		•	•	•							•	•	•				
Toll of Abuse		•	•	•							•	•	•				
Wired & Routed: Cyberbullying		•	•	•								•	•				
Sexting & Texting: Safe Social Media		•	•	•								•	•	•	•	•	•
Get the Facts: Suicide Prevention			•	•									•				
Dating: Avoiding the Danger Zone		•	•	•										•	•	•	•
Bullying: Imbalance of Power		•	•	•										•	•	•	•
<b>Disease Prevention and Early Detection</b>																	
Immune Immobilizer: HIV			•	•						•	•						
Veto the Virus: HIV		•	•	•							•	•					
AIDS Ammunition: HIV			•	•								•	•	•			
Infection Connection: HIV		•	•	•										•	•	•	•
Breast Self-Exam		•	•	•										•	•	•	•
Testicular Self-Exam		•	•	•										•	•	•	•
<b>Human Growth and Development</b>																	
Boys: Bodies In Progress		•	•	•								•	•	•			
Girls: Bodies In Progress		•	•	•								•	•	•			
Every 'Body' Changes		•	•	•								•	•	•			
Life Begins		•	•	•									•	•			
Toward Maturity		•	•	•										•	•		
Respect and Responsibility		•	•	•										•	•	•	•
Parenting: A Reality Check		•	•	•										•	•	•	•
<b>Human Growth and Development: Fort Wayne - South Bend Diocese Approved</b>																	
Terrific T's: HIV		•	•	•									•	•			
Just for Boys		•	•	•										•	•		
Just for Girls		•	•	•										•	•		
Be Free From HIV		•	•	•										•			
Beginnings of Life		•	•	•										•			
HIV: Help Intercept the Virus		•	•	•										•	•		
Moving into Maturity		•	•	•										•			
Infection Connection: HIV		•	•	•										•	•	•	•
Breast Self-Exam		•	•	•										•	•	•	•
Testicular Self-Exam		•	•	•										•	•	•	•

All programs meet National Health Education Standards