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.
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.

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