

Health & Nutrition

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Jan 13 – Health 101, our basic needs. We are “fearfully & wonderfully made.”

Jan 20 – Real Foods, let’s make some smoothies

Jan 27 – More real foods, let’s talk about greens & juice them.

Feb 3 – Exercising in a practical & purposeful way. Fresh Air, Sunshine & Pure Water

Feb 10 – Our Unique composition, anatomy & physiology, *guest speaker Todd Russell, D.C.*

Feb 17 – Personal Care products, chemical conglomerations & how they affect us

Feb 24 – Watch first part of Supersize Me, *bring a healthy snack to share*

March 3 – End of quarter, present projects in class

March 10 – Household & environmental toxins that could challenge our health

March 17 – Break Day from ICAP

March 24 – Immune & contagious diseases, how we can take charge of our health

March 31 – Being a savvy health consumer & researching choices

April 7 – Present Medical Choices Projects

April 14 – The Future, marriage & family.

April 21 – Easter Break

April 28 – Social & Spiritual choices that affect our overall well being.

May 5 – Watch remainder of Supersize Me, turn in Final Reports, *bring a healthy snack to share*

May 12 – Rehearse for Family Night presentation of “The Biggest Snoozer”, Q & A

There will be an optional CPR & First Aid Class offered in April for an additional charge, details to be announced.