

Tune Into Life Course Health

ADDITIONAL CLASSROOM ACTIVITY

WHAT IS LIFE COURSE HEALTH? INDIVIDUAL OR GROUP PROJECT.

Directions:

Create a poster, skit, or PowerPoint that illustrates what Life Course Health means.

Include examples that show the areas of emphasis:

- Physical health
- Emotional health
- Friends and family
- Dating and relationships
- Education

This project can be adjusted to work as either a group or individual project.