



FHN SCHOOL PROGRAMS

As a teacher, you want to give your students all the information they need to make wise choices in their lives. Staying healthy and feeling good are important factors in their ability to live up to their fullest potential. FHN offers free educational programs that will teach your students how their choices and habits impact their health. Programs are informative, fun and best of all – free!

FHN Community Health Educators Barb Lessman and/or Kaitlyn McNutt will present the programs listed. To schedule programs for your class, please email blessman@fhn.org.

GERMS AWAY

Available for grades K – 4

A fun, interactive program about hand washing and health hygiene is a great way to start the school year – and it may help you and your students stay healthy as cold and flu season starts!

FOOD, FUN AND FITNESS

Available for grades 1 – 4

Students will learn about the importance of good nutrition, exercise and sleep.

BE SMART ABOUT POISONS

Available for grades 1 – 4

Understand the importance of poison prevention and education along with safety tips on how to be poison smart. March is poison prevention month.

DON'T START

Available for grades 5 and 6

This is an interactive program that discusses the dangers of smoking and tobacco use.



We're here, for you.

FHN

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