

HEALTH EDUCATION CLASS IDEAS

Some Parish Nurses will offer health education classes at church or school. Here are some ideas of possible classes or topics.

School Staff Development

- CPR/AED/First Aid
- Asthma, Diabetes, and other childhood illnesses
- How to Deal with Student Allergies
- Blood Borne Pathogens
- Suspicions of Child Neglect or Abuse and Implications for School Staff
- Autism and How it Affects Learning
- Surviving an Active Shooter
- How to Manage Bullying
- Childhood Depression
- Preventing and Recognizing Sports Related Concussions

Grade School Students

- Basic First Aid
- Hand Washing
- Going to the Hospital
- Preventing Sports Injuries
- Concussions
- Childhood Obesity
- Dangers of Smoking
- Heart Healthy Eating
- Keeping Active

General Adult Education

- CPR/AED/First Aid
- Heart Healthy Eating
- Healthy Aging
- Alzheimer's Disease
- Caring for the Caregiver
- Preventing Falls