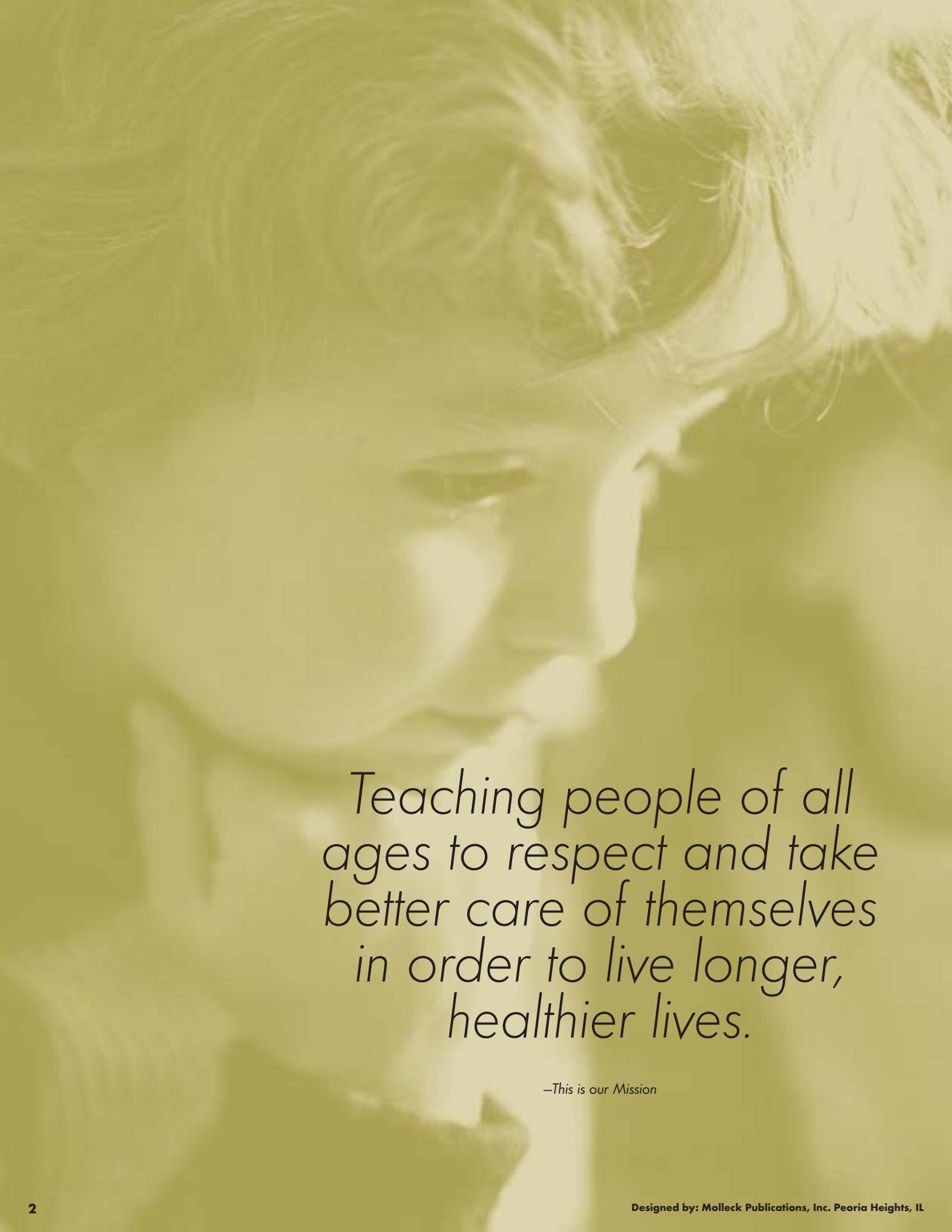


THE HULT HEALTH EDUCATION CENTER

Opportunities are within your reach





*Teaching people of all
ages to respect and take
better care of themselves
in order to live longer,
healthier lives.*

—This is our Mission

THE HULT HEALTH EDUCATION CENTER

*To meet the special needs
of groups of all ages,
we customize classes.
We also develop
programs for schools,
scouts, youth groups,
summer camps,
parent-teacher
organizations,
and other groups.*

*Call to discuss programs
to fit your schedule
and objectives.*

We are a not-for-profit organization established to supplement the health education efforts of Illinois schools, families, civic groups, youth organizations, social agencies, businesses, churches, and health care institutions.

Call (309) 692-6650 Monday through Friday, 8:00 a.m. to 4:30 p.m. to make your reservation.

School programs are offered Monday through Friday from September through May and on a limited basis in June and August. Classes may also be scheduled for evenings and Saturdays.

Special services for schools include:

- Designing health education plans and schedules to meet your objectives as well as Illinois State Goals for Learning.
- Assisting in identifying private and public funding

- Adapting courses to fit your particular needs
- Coming to your school to teach selected classes (see chart on pg. 7)
- Holding specialized teacher institutes, inservices, and consulting services for curriculum development (We are an Illinois Approved Professional Development Provider.)

Health education comes alive in our five spacious theaters. Participants see and hear larger-than-life electronic displays, audio-visual presentations, and interactive models that can be explored. Multi-sensory input improves retention of material in this exciting, most unique resource in central Illinois—one of only a few such facilities in the Midwest.

Although class environments parallel a modern museum, our professional faculty focuses on learning outcomes and educational objectives. All are experienced, qualified teachers, with bachelor's or master's degrees in health-related fields.



**"That was the best field trip in the world."
(Second Grader)**

GENERAL HEALTH EDUCATION

HEALTHY PARTNERS

Grades: Pre-K & K
Topics Discussed
• Dental health
• Food groups
• Healthy behaviors
Length: 45 minutes



MY SPECIAL BODY

Grades: Pre-K-1
Students rotate to different learning centers for hands-on multisensory activities, including use of stethoscopes and breathing, tasting, touching, smelling, and hearing experiments. Students receive a "passport" booklet, stamped after completion of each activity.

Topics Discussed

- Heart
- Lungs
- Brain
- 4 Senses (tasting, smelling, hearing, and touching)

Please Note: This program is designed for no more than 21 students. Group sizes over 21 will be charged an additional fee per student. No accommodations for classes larger than 30 children can be made. This class is offered only on Mondays and Tuesdays. Please book early as time slots are limited.

Length: 1 hour

SUPER KIDS, SUPER FEELINGS

Grades: K & 1
Topics Discussed
• Uniqueness of each individual
• Food groups
• Dental health
• Healthy behaviors
• Skeletal system
• Anger management
• Feelings/getting along with others
Length: 1 hour

SAFE KIDS, SMART KIDS

Grades: K-2
Topics Discussed
• Fire safety
• Safety in the home
• Stranger danger
• How to say "NO"
• Getting help in an emergency
• Hand washing/illness prevention
Length: 1 hour

HEALTHLAND

Grades: 2 & 3
Topics Discussed
• Criteria for making healthy decisions
• Healthy habits
• Anger management
• Food groups
• Dental health
• Five senses and how to care for them
Length: 1-1/2 hours

A HEALTHY ADVENTURE

Grades: 3 & 4
Topics Discussed
• Cells, organs, and body systems
• Digestive system
• Healthy nutrition
• Care and respect for the human body
Length: 1-1/2 hours



OUR INCREDIBLE MACHINE

Grades: 4-6
Topics Discussed
• Cells, organs, and body systems (overview)
• Respiratory and circulatory systems
• Care and respect for the human body
Length: 1-1/2 hours

All our programs support various Illinois State Goals and Learning Standards. Call for specific information.

NUTRITION EDUCATION



"We love coming to the Hult Center. The kids get a great hands-on lesson."
(4th Grade Teacher)

FOOD, FITNESS, AND FUN

Grades: 3-5
Topics Discussed
• Healthy vs. unhealthy food choices
• Portion sizes
• Media's impact on food choices
• Importance of exercise
Length: 1-1/2 hours

FUELING AROUND

Grades: 6-9
Topics Discussed
• Importance of fiber & calcium
• Healthy vs. unhealthy fats
• Nutrient dense vs. empty calorie foods
• Portion sizes
• Food labels
• Maintaining a healthy weight
• Importance of exercise
Length: 1-1/2 hours

SPORTS NUTRITION

Grades: 6-12
Topics Discussed
• Proper nutrition and sports performance
• Fluid replacement before, during, and after workouts
• Foods that enhance athletic performance
• Impact of various drugs and supplements on athletic performance
Length: 1-1/2 hours

Call 309-692-6650

Monday through Friday

8:00 a.m. to 4:30 p.m.

to make your reservation.

FAMILY LIFE EDUCATION

MICHELE (GIRLS ONLY)

Grades: 4-6

(Mothers or other appropriate adults are encouraged to attend)

Topics Discussed

- Uniqueness of all individuals
- Female pubescent changes
- Female reproductive system
- Feminine hygiene products

Length: 1-1/2 hours

MATTHEW (BOYS ONLY)

Grades: 4-6

(Fathers or other appropriate adults are encouraged to attend)

Topics Discussed

- Uniqueness of all individuals
- Male pubescent changes
- Male reproductive system
- Masculine hygiene products

Length: 1-1/2 hours

LIFE BEGINS

Grades: 5-8

Topics Discussed

- Introduction to genetics
- Male and female reproductive systems
- Fetal growth and development
- Childbirth
- Abstinence

Length: 1-1/2 hours

EMOTIONAL AND SOCIAL GROWTH AND DEVELOPMENT

Grades: 6-8

Topics Discussed

- Brief review of pubescent physical changes
- Anger management
- Qualities in healthy friendships
- Qualities in healthy dating relationships
- Responsible decision making
- Consequences of teen sexual involvement
- Dealing with peer pressure

Length: 1-1/2 hours

THE ABC'S OF STD'S: WHAT EVERYONE SHOULD KNOW ABOUT SEXUALLY TRANSMITTED DISEASES

Grades: 7-12

Topics Discussed

- Modes of transmission
- Risk factors
- Signs, symptoms, and treatment of major types, including HIV
- Possible consequences
- Prevention and personal responsibilities

Length: 1-1/2 hours

(can be shortened for outreach)

SUBSTANCE ABUSE EDUCATION

DRUGS: CHOICE OR CHANCE

Grades: 4 & 5

Topics Discussed

- Definition of a drug
- Medicine safety
- Tobacco
- Marijuana
- Alcohol
- Inhalants
- Dealing with peer pressure

Length: 1-1/2 hours



Besides our regular curriculum, we offer programs with special activities several times a year. Call for details.

www.hult-health.org



"Our school is always looking for educational field trips to engage our students in learning. The trip to your center has been one of the best... I will be able to refer to information you presented when we cover it in class... We were all impressed with the classrooms. What a tremendous facility for the schools to use."

(Junior High Science and Health Teacher)

THE GATEWAY TO TROUBLE

Grades: 6-8

Topics Discussed

- Tobacco
- Alcohol
- Marijuana
- Inhalants
- Drugs in the news
- Impact of drugs on behavior

Length: 1-1/2 hours

DECISIONS — IT'S UP TO YOU

Grades: 8-12

Topics Discussed

- Dependency
- Alcohol
- Marijuana
- Methamphetamine
- Drugs in the news
- Consequences of drug use

Length: 1-1/2 hours

OUTREACH

SLY'S UNWISE SURPRISE

Grades: Pre-K-2

Topics Discussed

- Tobacco products
- Harmful effects of smoking
- Wise vs. unwise choices
- How to say "No"

DON'T JOIN THE PACK

Grades: 3-6

Topics Discussed

- Tobacco
- Nicotine, tar and carbon monoxide
- Impact on heart & lungs
- Smokeless tobacco
- Peer pressure
- Assertive refusal skills

MICHELE (GIRLS ONLY)

Grades: 4-6

(Mothers or other appropriate adults are encouraged to attend)

Topics Discussed

- Uniqueness of all individuals
- Female pubescent changes
- Female reproductive system
- Feminine hygiene products

MATTHEW (BOYS ONLY)

Grades: 4-6

(Fathers or other appropriate adults are encouraged to attend)

Topics Discussed

- Uniqueness of all individuals
- Male pubescent changes
- Male reproductive system
- Masculine hygiene products

FUELING AROUND

Grades: 6-9

Topics Discussed

- Importance of fiber & calcium
- Healthy vs. unhealthy fats
- Nutrient dense vs. empty calorie foods
- Portion sizes
- Food labels
- Maintaining a healthy weight
- Importance of exercise

DRUGS IN SPORTS: KNOW THE SCORE

Grades: 6-12

Topics Discussed

- Anabolic steroids
- Supplements
- Other substances
- Diet and exercise

SPORTS NUTRITION

Grades: 6-12

Topics Discussed

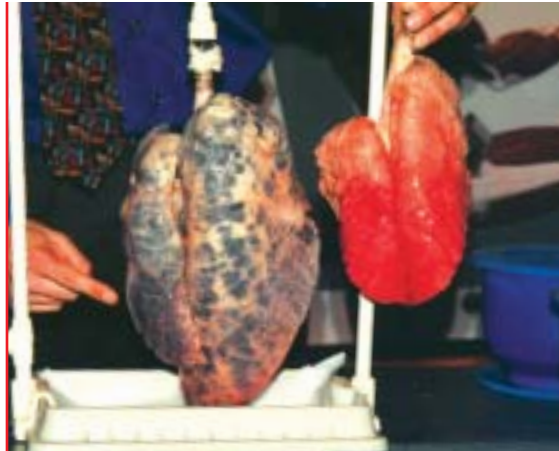
- Proper nutrition and sports performance
- Fluid replacement before, during, and after workouts
- Foods that enhance athletic performance
- Impact of various drugs and supplements on athletic performance

THE ABC'S OF STD'S: WHAT EVERYONE SHOULD KNOW ABOUT SEXUALLY TRANSMITTED DISEASES

Grades: 7-12

Topics Discussed

- Modes of transmission
- Risk factors
- Signs, symptoms, and treatment of major types, including HIV
- Possible consequences
- Prevention and personal responsibilities



"You set up something that is boring to learn about into something that was interesting."

(Junior High Student)

BREAST CANCER AWARENESS (BSE)

Grades: 9-12

Topics Discussed

- Incidence
- Risk factors
- Anatomy and physiology
- Normal changes
- Signs and symptoms
- Breast self exam (technique)

TESTICULAR CANCER AWARENESS (TSE)

Grades: 9-12

Topics Discussed

- Incidence
- Risk factors
- Anatomy and physiology
- Signs and symptoms
- Testicular self exam (technique)



"I have had this presented in my classes for many years. This was probably the most effective presentation of breast cancer that I have seen. It was excellent!!"

(High School Health Teacher regarding our outreach BSE program)

Outreach programs vary in length. Certain programs may be subsidized through special grants. Please contact the Hult Center for further information.

Call 309-692-6650

Monday through Friday

8:00 a.m. to 4:30 p.m.

to make your reservation.

GRADE LEVEL PROGRAM GRID

	P	K	1	2	3	4	5	6	7	8	9	10	11	12
GENERAL HEALTH EDUCATION														
Healthy Partners														
My Special Body														
Super Kids, Super Feelings														
Safe Kids, Smart Kids														
Healthland														
A Healthy Adventure														
Our Incredible Machine														
NUTRITION EDUCATION														
Food, Fitness, and Fun														
Fueling Around														
Sports Nutrition														
FAMILY LIFE EDUCATION														
Michele (Girls Only)														
Matthew (Boys Only)														
Life Begins														
Emotional & Social Growth & Development														
The ABC's of STD's: What Everyone Should Know About Sexually Transmitted Diseases														
SUBSTANCE ABUSE														
Drugs: Choice or Chance														
The Gateway to Trouble														
Decisions – It's Up to You														
OUTREACH														
Sly's Unwise Surprise														
Don't Join the Pack														
Michele (Girls Only)														
Matthew (Boys Only)														
Fueling Around														
Drugs in Sports: Know the Score														
Sports Nutrition														
The ABC's of STD's: What Everyone Should Know About Sexually Transmitted Diseases														
Breast Cancer Awareness (BSE)														
Testicular Cancer Awareness (TSE)														

All our programs support various Illinois State Goals and Learning Standards. Call for specific information.



HEALTH EDUCATION— THE NEEDS ARE GREAT

The Hult Health Education Center is conveniently located at 5215 N. Knoxville Avenue in Peoria (the campus of Proctor Hospital). Ample free parking and designated bus parking is available.

Call (309) 692-6650 Monday through Friday, 8:00 a.m. to 4:30 p.m. for reservations.

Cost: We charge a nominal fee for school students and parents. Teachers and bus drivers are free. Special pricing is arranged for other groups and custom programs. Call for details.

Health education is a lifelong process. Find out more about our programs for adults. Call the Center for a schedule of adult health education classes for all age groups.

“Reinforced health class to perfection... well worth the price!”

(5th Grade Teacher)

www.hult-health.org



5215 N. Knoxville Ave.
Peoria, IL 61614
(309) 692-6650
www.hult-health.org

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