



Life Skills Curriculum: Basic Health 101 (2-Book Series)

Edmund Benson

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With the government cutting health care costs for those who have the least in the way of coverage and know-how, the ARISE Basic Health 101 is more relevant than ever. It's past time to shift from hoping for good health to taking pro-active steps to ensure wellness in those whose poor health habits are normally ignored. Basic Health 101 uses positive interactive group learning exercises, puzzles and games to teach health and hygiene, nutrition and exercise fundamentals perfect for those who have given little thought to maintaining their own well-being. This Basic Health 101 series alerts teens and others to stop gambling thinking a doctor or hospital will come to their rescue when a health calamity strikes. Basic Health 101 provides the necessary wide-ranging activities specifically designed to encourage healthier lifestyles. Books Included: Health and Hygiene, Nutrition and Exercise. All books are available for individual purchase as well.

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