

# HealthyMe!

## Health Education Curriculum

College of Health & Human Performance  
East Carolina University



**It is time you put your own health needs first.**

You can take better care of yourself and your family when you are healthier. In collaboration with East Carolina University, the Hyde Health Department is offering a 10-week course to provide you with the information and skills to remake *your total health*. We will cover the following topics and introduce you to disease prevention and health management skills.

- Reading and making sense of nutrition labels
- Understanding portion size
- Using nutrition to fuel an active life style
- Getting physically active
- Ways to add exercise to your daily life
- Stress relief and mental health
- Improving your heart health

Join us for a ten- week session to improve your overall health!

We want you to join us for **Healthy Me!**

Time: 5:30pm-6:30pm

Location: 4H Community Building Ponzer

Dates: Tuesday's May 22<sup>nd</sup>-July 17<sup>th</sup>

To register: call 926-5289