



# Health Advocacy Program

*Steve Holburn, Christine D. Cea, Anne Gordon*

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## **Health Advocacy Program** Steve Holburn, Christine D. Cea, Anne Gordon

The Health Advocacy Program consists of 20 one-hour lessons, each with teacher scripts for discussions, and hands-on activities and student worksheets. Covers healthy eating, exercise, relationships, sexuality, stress, and medical issues like high blood pressure, diabetes, and depression. The ultimate goal of the Health Advocacy Curriculum is to teach participants how to be their own health advocates. Extensively field tested by the authors in New York City adult service agencies. Includes PDF on WinMac CD with a Classroom License for printouts.

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