Personal and Community Health

Rick Sabath

[Email=rlsabath@bluevalleyk12.org](mailto:Email=rlsabath@bluevalleyk12.org) Phone#- 624-2104 Plan 5th hour 1130-1:00

Guest speakers

Subject Fall 2012 Speaker

Health and Teens Bullying

Health in our community Dr. Swickard

Great Decisions / Peer Pressure Gift of life

Self Esteem and Mental Health Osawatomie mental health center

Managing Stress/ Coping with loss Hospice

Physical Fitness for life exercise physiologist

Nutrition for life Nutritionist

Weight management and eating disorders cardiologist

Understanding drugs and medicines school nurse

Alcohol AA group

Tobacco Use Officer Keary

Illegal drugs

Disabilities

Adolescence and Adulthood suicide prevention

Marriage and Families Counselor

Reproduction/ contracptives

Relationships MOCSA

Risks of sexual activity planned parenthood

HIV/Aids Don Corral

Have a great Year!