



“Journey to Health”

On-Line Course for Educators

This 20-hour multi-media course is designed for any educator with the need to learn more about health in its broadest sense, as a process rather than as an end.

Participants are encouraged to use critical thinking and problem solving skills to develop their own healthy lifestyles, using the most current information in the health and wellness field. Participants are provided with information that will help prevent some of the most important diseases, and they are encouraged to take the information presented, internalize it, and use it to make the decisions that will enhance health. The global impact of disease is discussed to demonstrate the importance of healthy lifestyles and prevention measures.

Each **Journey to Health** program features outstanding experts in health, medicine, wellness, and related disciplines, along with documentaries exploring the topics being discussed. When used with students, they will have the opportunity to know a recurring group of individuals dealing with issues of health and well-being in their own lives. Through getting to know these individuals at a more personal level, students will better understand the process of developing healthy lifestyles, and coping with life's challenges. Each video lesson is designed to help the student reach specific learning objectives. Stories and situations that engage the viewer are combined with experts' comments on the subjects, to offer unique learning opportunities.

Only: \$60!

Awarding 20 Act 48 Hours. For more information please visit the Q-Campus section of WQLN.org/education.

This WQLN Q-Campus course is designed for teachers in need of Act 48 training. Unlike traditional face-to-face trainings which require giving up evenings or weekends, this interactive course allows the teacher to participate in training at a time convenient for their schedule. Study from home, at work, or during your lunch-break!

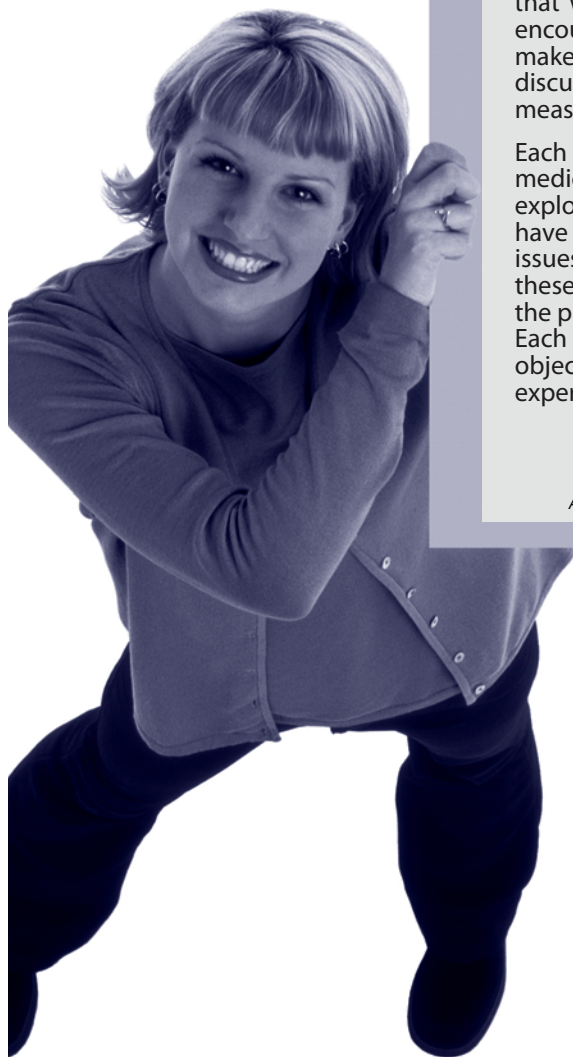
This course provides a multi-media mixture of video*, PowerPoint lessons, scrolling text, additional resources and activities. Participants are instructed by the course leader on how to proceed through the online course and how to best utilize resources. The course can be accessed through any Internet connection, on any compatible computer.

**Q-Campus on-line courses have the unique ability to address the needs learners with either dial-up OR broadband Internet access. This unique feature benefits those who normally are restricted from participating in video-based online trainings due to dial-up access or network administrator restrictions on high-bandwidth streaming.*



campus

SEE REVERSE FOR COURSE DESCRIPTIONS



“Journey to Health”

On-Line Course for Working Professionals

Course Description:

Journey to Health is broken down into the following section topics:

- 101) Introduction
- 102) Stress
- 103) Psychological Health
- 104) Mental Disorders
- 105) Fitness
- 106) Nutrition
- 107) Eating Problems/Weight Management
- 108) Building Relationships
- 109) Sexuality and Sexual Health
- 110) Reproduction and Contraception
- 111) Family Health
- 112) Managing Your Health
- 113) Complementary and Alternative Medicine
- 114) Infectious Disease
- 115) Sexually Transmitted Diseases/HIV-AIDS
- 116) Heart Health
- 117) Cancer
- 118) Other Major Diseases
- 119) Drugs
- 120) Alcohol
- 121) Tobacco
- 122) Safety and Injury Prevention
- 123) Aging/Health Across the Lifespan
- 124) Death and Dying
- 125) Environment
- 126) Global health



8425 Peach Street
Erie PA 16509

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Course Registration Form Journey to Health

Name
Address
City
State Zip
Telephone
E-Mail (required)
Employer
Address
City
State Zip

Non-credit tuition: \$60

Check enclosed, payable to WQLN Educational Services
Bill my credit card: Visa Mastercard Discover
Account number
Expiration Date
Signature
Purchase order number

Mail registration form to: **WQLN Educational Services**
8425 Peach Street, Erie, PA
16509.

Questions? Call 814-864-3001 ext. 101.

Upon receipt of tuition, student will receive course materials, and password and login to initiate online course.