

# Delema G. Deaver Health Education Center

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EDUCATIONAL. ENGAGING. FUN!

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The Delema G. Deaver Health Education Center (HEC) at Lankenau Medical Center is an educational and interactive learning center designed to promote health and well-being. Through eye-catching and engaging technology, the Center strives to empower its visitors to learn more about their body and how to keep it healthy and safe.

The HEC provides its visitors with a creative, hands-on learning environment that supplements the health education efforts of schools, families and community organizations. The many program offerings also support school health and science curriculum requirements and meet the PA standards for science, health safety and physical education.

Programs are offered **free of charge** in both in-person and virtual formats covering the areas of general health and body systems, nutrition and fitness, bullying prevention, substance abuse prevention, and family life.

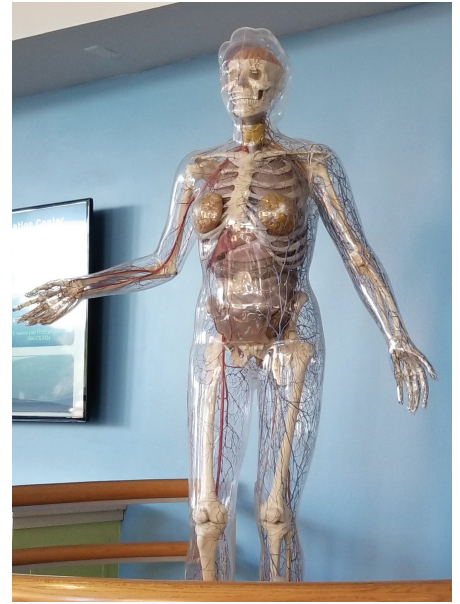


**Main Line Health<sup>®</sup>**  
Lankenau Medical Center

**Be seen.**

# Health Education Center Program Offerings

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## All About Me

**Grade K** 75-90 minutes

Students will learn about their amazing body, with focus on the brain, the heart, and the lungs, and explore ways to keep it healthy. **PA 10.1.3C,D,E, 10.2.3A**

## Healthy Me

**Grades K-2** 75-90 minutes

Students will learn how to keep their bodies healthy through the use of good hygiene, healthy food and exercise.

**PA 10.1.3C, E**

## Ready, Set, Eat

**Grades K-2** 75-90 minutes

Students will explore the topic of good nutrition thorough activities designed to highlight the importance of healthy food choices. **PA 10.1.3C, 11.3.3D**

## Senseable Me

**Grades K-2** 75-90 minutes

Students will explore the senses through activities that demonstrate how they work, how they protect us, and how we can protect them.

**PA 10.2.3A,B, 16.1.K.A, 16.1.1A**

## Be A Buddy Not A Bully

**Grades 1-2** 75-90 minutes

Students will learn what to do if they are the target of bullying. Focus is also on how to be a friend in order to stop bullying. **PA 16.2KA, 16.2KB, 16.3 KA, 10.2.3D**

## The Inside Story

**Grades 1-2** 75-90 minutes

Students will learn about the amazing body and explore some of the organs that make it special. **PA 10.1.3B**

## Health Adventure

**Grades 2-3** 90 minutes

Students will learn about the skeletal and digestive systems and explore the circulatory system. **PA10.1.3A, 3.1.7A, 3.1.4A, B**

## Be In The “No”

**Grades 2-4** 75-90 minutes

Students will examine the effects of tobacco and the importance of saying no. Peer pressure and refusal skills are emphasized. **PA 10.1.3D, 10.1.6B**

## Safety First

**Grades 2-6** 90 minutes

Students will explore the importance of safety and learn how they can help themselves and others avoid injury. The Heimlich maneuver is included. **PA 10.3.9A, 10.3.6A, B, 10.3.3 A,B**

## Harassment Hurts

**Grades 3-5** 90 minutes

Students will examine the bullying that may occur in their lives. Focus is on self-confidence and behavior choices needed to resolve conflicts. **PA 10.3.6C, 10.3.3C, 10.2.3D**

## Eat Smart

**Grades 4-8** 90 minutes

Students will learn the key concepts of good nutrition, including nutrients and label reading, and investigate how healthy food and exercise positively impact health. **PA 10.1.3C, 10.1.6B,C,E, 11.3.6 D,E**



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## Let's Get Physical

**Grades 4-8** 90 minutes

Students will discuss the importance of physical activity and how they can increase their movement throughout the day. Healthy nutrition will also be introduced as an important aspect of staying fit. **PA 10.4.6A, B,C,D, 10.4.3A,B,C,D, 10.1.6C,E, 10.5.6D**

## The Incredible Machine

**Grades 4-9** 90 minutes

Students will learn about the basic building blocks of life (cells), and explore the circulatory and nervous systems. **PA 10.1.3B, 3.1.5A5, 3.1.6A4, 3.1.6A8**

## Drug Smart

**Grades 4-9** 90 minutes

Students will learn about drugs, how they affect the body systems, and the importance of making healthy choices. **PA 10.1.6,B,D,E, 10.1.9B, 10.2.6C**

## Growing and Changing

**Grades 4-5** 75-90 minutes

Students will explore the physical and emotional aspects of puberty. **PA 10.1.3A, 10.1.6A,B**

## Life Begins

**Grades 5-8** 90 minutes

Students will follow human growth and development from conception to birth. The changes to the body during maturation will also be explored. **PA 10.1.3A, 10.1.9A**

## Teen Dilemmas and Decisions

**Grades 6-8** 90 minutes

Students will examine the effects of alcohol and marijuana and take a hard look at the consequences. Decision-making skills and the influence of peer pressure will be highlighted. **PA 10.1.6B,D, 10.2.12D,E, 10.1.B,D,E, 10.1.12D**



### WHAT TEACHERS SAY

**“3rd visit to the Center and I learn something new each time. Great program”**

— *Montgomery County public school*

**“Wonderful learning experience”**

— *Delaware County public school*

**“Students came to the class the next day talking about the food labels that they read at home!”**

— *Montgomery County public school*

**“Instructor was wonderful and kept the kids engaged”** — *Philadelphia public school*

**“Program is fun. Interactive, age-appropriate and multi-sensory”**

— *Philadelphia Archdiocese school*

**“Excellent program as always”**

— *Delaware County school*

**“Students commented on how much they learned”** — *Philadelphia Charter School*

**“The instructors are fantastic, knowledgeable, and patient. Our students learned a lot”**

— *Philadelphia public school*

**“This program was age-appropriate and had the students excited to ask questions”**

— *Delaware County public school*

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**FOR RESERVATIONS** call **484.476.3434**

or email [Lhhealthcenter@mlhs.org](mailto:Lhhealthcenter@mlhs.org)

# Delema G. Deaver Wellness Farm at Lankenau Medical Center

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## Planting the seeds of good health!

At Lankenau Medical Center, we recognize the connection between nutrition and wellness. In collaboration with Greener Partners, we are one of only a few hospitals nationwide to take the progressive step of planting and maintaining a year-round organic farm on-site. Our goal is to harness the power of locally grown food to strengthen our community's health. The farm also serves as a living outdoor classroom that connects learners to the source of healthy food, promotes healthy eating and investigates the science behind the agriculture.

### FIELD TRIP PROGRAMS

#### **Young Explorers** | Grades Pre K-3 75-90 minutes

Engage the five senses to build and enhance observation skills through an exploration into the secret world of plants exploring their hidden side. Discover and taste edible plant parts, including seeds, leaves and roots and learn why and how eating plants are part of a healthy diet. Participants will learn how and what plants need to grow from seed to plate. Program includes a food demonstration of a healthy recipe using ingredients from the farm!

#### **Living Soil and Compost** | Grades 2-8 75-90 minutes

It's not dirt! Many organisms and decomposers are part of the soil food web, and impacts all life on earth. Together we will explore how compost operates as the farm's own recycling system, and compare the composting process to other forms of recycling. Participants will use the farm as a living classroom to take a closer look at the hidden world of soils and compost, and discover how healthy soil is the foundation for healthy bodies and a healthy planet!

#### **Seasonality and Sustainability** | Grades 3-12 90 minutes

Step into the shoes of a farmer and learn what seasonality and the climate of PA means for agriculture. Together we will trace the food in grocery stores and markets back to its origin on a farm. Participants will discover what crops are in season in the region and the variety of food that can be grown close to home. We will explore the many parts of our complex food system and learn what sustainable options exist for producers and consumers. Participants will have the opportunity to use their senses to explore the themes in our living learning lab and get a true farm-to-fork recipe on the farm!

#### **Food Justice** | Grades 6-12 90 minutes

Participants will explore our food system through the lens of equity. Through farm-based activities like harvesting, planting and tasting, we will explore food access, community growing practices, and the environmental and public health impacts of our food system. Together, we will build an understanding of how a more just and equitable food system makes our communities healthy, strong and resilient.

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