

Livin' in Your Body 4 Life!

The mini-series

Welcome!



September, 2008

Dear Teacher,

Thank you for using our health education DVD in your classroom!

The enclosed video episodes were made by a group of high school students from Chicago's southside. The disc is comprised of five separate segments, each running between 15 and 25 minutes long. The episodes address a range of physical and social health issues that young adults encounter: Breast Cancer, Stress & Fitness, the Body, Allergies & Asthma and Addictions.

To accompany each video and to reinforce the information that is shared, we have created a set of question and answer worksheets for students to fill out as they watch each episode, as well as an answer key that can also be handed out to students.

We think that the program is of excellent quality and an effective health education tool. The episodes are relevant and very factual, as well as engaging to watch. Please let us know if you have any questions. You can reach us by calling the Center for Interdisciplinary Health Disparities Research (CIHDR) at (773) 702-9968.

We hope that you and the students will enjoy the program!

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Sarah Gehlert,
Director

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