


TMHH student perspectives on club and learnings

"I have learned that my health means more to myself and everyone more than I know. Now I know how to take care of myself and how to make better social relationships with friend and family."

* The greatest
Wealth is 
* Health

*Zander shared what health means to him.
(AVID Period 3 student)*



*Serenity Rains shared that TMHH club was "amazing"
(AVID Period 4 student)*

"Reflecting on my time as a TMHH mentor at Magee Middle School, I can full-heartedly say that this semester has been extremely rewarding. Seeing the students bring their passion, creativity and collaboration towards creating health promoting events was truly inspiring. In my 3rd period class the students were always energetic and ready to step into their TMHH leadership roles during our monthly campaigns! I am grateful to have had this opportunity to measure the different health and wellness issues students may face, while also contributing to change in physical, mental and community health."



*Sarah Sostak
TMHH Near-Peer Mentor
Magee Middle School*

LOOKING AHEAD

We are excited to continue HealthCorps' Teens Make Health Programming with your site next semester and further support the club members develop into leaders and change makers in the community.

In the coming months we'll focus on community service, healthy relationships, nutrition, healthy communities mental health and more! Club members will continue leading health promoting events for their peers, host an MLK Day of Service food drive, and participate in a regional Health Fair.

Questions or feedback on the program? Reach out to Regional Program Manager, Hiram at hiram.martinez@healthcorps.org.