

HEALTHY LIVING STATE GOALS - 2021

Community Awareness for Healthy Living

GENERAL GOAL:

Encourage OHCE members to be active proponents of their own health and safety

Health and Safety Issues Suggested Emphasis:

- Healthy Eating and Active Living
- Supporting Emotional Well-Being
- Safety and Our Environment

Suggested Projects:

- Understanding Generational Health (Inherited diseases)
- Recognizing Risks of Self-Medication
- How Medical Marijuana Works and Which Conditions It Treats
- Immunizations and Vaccines: Benefits, Risks, and Effectiveness * **Leader Lesson**
- Physical and Emotional Factors Older Adults
- Living Alone and Loving It
- Laughter Therapy
- Understanding Expiration Dates: Creating a Safer Home Environment
The Dating Game
- Supporting Emotional Well-Being * **Leader Lesson**

- **Awards:**
- 1st, 2nd, 3rd –County Award Book: \$25, \$15, \$10
- 1st, 2nd, 3rd, - Local Group Award Book: \$25, \$15, \$10

Committee:

- Madaline Kropff, NE Chair
- Susan Nelson, SE Member
- Linda Heilman, WS Member
- Kelly Baehler, NE Member