



Life Skills Curriculum: ARISE Basic Health 101, Book 1: Health & Hygiene (Learner's Workbook)

Edmund Benson, Susan Benson

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Most health and hygiene lessons are as hard to understand as a doctor's handwriting. Perk up your students, and particularly your at-risk youth, and end their confusion with health literacy. Introduce ARISE Basic Health 101, Health and Hygiene which is part of the Teen Health Curricula. Health and Hygiene life skills topics include personal hygiene, skin care, common illnesses, general health, STD symptoms, prevention and treatment, and more. Note: Workbooks must be used with corresponding instructor's manual.

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