

2007

Volunteer Leaders Trainning Guide

Contents

Nutrition and Diet

- Are You an Apple or Pear? – Dr. Danita L. Brookins
- Food Safety and the Consumer – Easter H. Tucker and Teresa Henson
- Start Your Day With a Healthy Breakfast – Dr. Rosemary Rodibaugh

Individual and Family Resource Management

- Estate Planning Basics – Laura Connerly

Health and Safety

- Osteoporosis: The Bone Thief – Dr. Russ Kennedy
- Strategies for Senior Adults in Reducing the Risk of Falls – Dr. LaVona Traywick

Children, Youth and Families

- AAAA-CHOO! Managing and Preventing Illness – Traci A. Johnston
- The Personal Journey – Dr. James P. Marshall and Dr. H. Wallace Goddard