

Community Resource	Reason	Contact Person	Phone	Email
Dentist	Dental hygiene			
Doctor	Hygiene, bones, health occupations			
Nurse	Healthcare, blood, shots/immunizations, etc.			
Nutritionist	Balanced diets			
Athletic Trainer	Importance of stretching and taking care of your body during exercise			
Coaches	Importance of physical fitness and team building			
Athletes	Team bonding, lifestyle, past stories, goal setting			
Wellness Coach	Goal setting, importance of a healthy lifestyle			
Obesity Survivor	Eating habits, changes made, goals, lifestyle (then vs. now)			
Eating Disorder Survivor	Eating habits, changes made, emotional distress, importance of weight gain/loss, lifestyle (then vs. now)			
Fire/Police Department	Fire safety, what to do if there is a fire, meeting place, 911 information, smoke house (if funds are available)			
Psychologist	Depression, self-esteem, overcoming life issues			
Gynecologist	Female anatomy/puberty			
OBGYN	Pregnancy/Birthing/Taking care of an infant			
EMT/Paramedic	Emergency Care/ First Aid/Mock crash			
D.A.R.E.	Drug and Alcohol Awareness			
Social Worker	Emotional/Behavioral Health			
Drug Addiction Survivor	Share story/drug prevention			
Fitness Instructor	Teach a class			
DNR	Environmental Health			
Parks and Rec	Opportunities in Community			