



Youth & Teen

Blake Health offers dynamic, evidence-based health education designed to engage young learners and empower teens. Our programs align with the New Jersey Student Learning Standards for Health and Physical Education, ensuring that content and skill development are age-appropriate. Whether you're a school, library, or community organization, we deliver impactful programming tailored to your student's age and needs.

Why Choose Blake Health?

- Led by master-level Certified Health Education Specialists (CHES®)
- Designed specifically for elementary, middle, and high school learners
- Trusted by schools, libraries, and community partners across Northern New Jersey

Program Areas

- ✓ Nutrition
- ✓ Physical Activity & Creative Movement
- ✓ Mental Health
- ✓ Chronic Disease Prevention
- ✓ Substance Use Prevention
- ✓ Human Sexuality
- ✓ Health & Wellness
- ✓ Safety & Injury Prevention

Let's Work Together

Ready to bring Blake Health to your organization?

Call or email to inquire:

✉ info@blakehealthnj.org

☎ 201.362.1458

**BLAKE
HEALTH**



Our Commitment

At **Blake Health**, we are dedicated to delivering evidence-based, culturally responsive, and inclusive health education that respects and reflects the diverse communities we serve. Our programs are designed to empower participants with knowledge, skills, and confidence to make healthy, informed decisions throughout their lives.

We strive to foster partnerships with **schools, municipalities, and community organizations** to build stronger, healthier communities across Northern New Jersey.

PACED: Our Program Framework

We use the **PACED** approach to design and deliver health education programs that are flexible, inclusive, and aligned with your needs:

Population Focused

Programs are tailored to the age, setting, and needs of your audience. We serve schools, senior centers, libraries, municipalities, and other populations with inclusive, responsive content.

Adaptable Formats

We offer in-person, virtual, and hybrid delivery options to meet your logistical and programmatic needs.

Customizable Length

Sessions can be one-time workshops, short-term intensives, or multi-week series. We work with you to align scheduling with your goals.

Evidence-Based

Our programs are built on public health best practices and current research, delivered by Certified Health Education Specialists (CHES®).

Direct, Transparent Pricing

We offer clear, competitive pricing for individual programs, multi-program packages, and consulting services. Whether you need a single session, a series, or support with grant-funded initiatives, we work within your budget.

Work with Us

Contact Blake Health at info@blakehealthnj.org to inquire about program availability and to schedule a consultation. We welcome the opportunity to collaborate and support your organization's health education goals.



Programs Catalog by Health Topic

Nutrition Education & Chronic Disease Prevention:

Healthy Plate is an interactive program that makes learning about nutrition fun and engaging for youth. Through games, hands-on activities, and group challenges, participants discover the importance of a balanced diet, explore different food groups, and master the concept of portion control.

Healthy Futures is a proactive program designed to educate children and adolescents about the importance of preventing chronic diseases from an early age. Through interactive workshops and engaging activities, participants learn about the risk factors associated with chronic conditions like diabetes, heart disease, and obesity. The program emphasizes the role of healthy eating, regular physical activity, and positive lifestyle choices in maintaining long-term health.

Physical Activity & Creative Movement

Move Smart is a dynamic and interactive class designed to inspire children to move creatively and learn about healthy living. Through a mix of dance and activities, children will explore the importance of physical activity, balanced nutrition, and mental well-being. Each session encourages self-expression, teamwork, and healthy habits that will help them grow strong and confident. *Modifications are available for intellectually and developmentally disabled individuals.*

Dance Basics is a fun and energetic introduction to movement for young learners! This class explores rhythm, coordination, and expression through guided creative play, musical games, and simple choreography. *Ideal for younger students during the school day or as part of afterschool enrichment.*

Intro to Ballet is a beginner-friendly ballet class introduces students to the fundamentals of ballet technique in a supportive and age-appropriate environment. Students will learn basic positions, posture, and movement vocabulary while building confidence and discipline. *Ideal for all students during the school day or as part of afterschool enrichment.*

Tap Foundations is a class that introduces students to the fundamentals of tap dance through rhythm, timing, and sound exploration. Students will develop coordination, musicality, and confidence as they learn basic steps and combinations in a fun, supportive environment. No tap shoes required—this class is designed to be flexible and accessible for all school settings. *Ideal for younger students during the school day or as part of afterschool enrichment.*



Programs Catalog by Health Topic

Mental Health, Substance Use Prevention

Body Talk is a multi-session workshop series designed to help students build a healthy relationship with their bodies, develop confidence, positive self-esteem, and strengthen their critical thinking skills around media messages. *All topics can be covered in a single-session format upon request.*

Don't Get Vaped In is a program designed to educate kids and teens about the dangers of vaping and nicotine addiction by providing participants with facts about vaping, health risks, and tactics used by the vaping industry to target young people. Through engaging discussions, activities, and peer support, participants will learn how to make informed decisions, resist peer pressure, and advocate for a vape-free lifestyle.

Clear Choices educates students on the short and long-term effects of alcohol, tobacco, and drug use. This workshop series explores how substance use affects health, relationships, academics, and future goals. Students gain skills to recognize risks, resist peer pressure, and build resilience, while learning where to seek help and how to choose healthy alternatives.

Health & Wellness

Clean Hands is an educational program designed to teach youth the critical role of handwashing in maintaining personal and public health. Through fun, interactive demonstrations and activities, participants learn the proper hand washing techniques, the science behind germs, and how regular hand washing can prevent the spread of illness.

Personal Hygiene programs are designed to teach children and adolescents the importance of personal hygiene and how to maintain it effectively. Through interactive lessons participants learn about daily hygiene practices such as proper handwashing, dental care, skin and hair care, and more.

Oral Health will explore the secrets to a bright, healthy smile with engaging activities that cover brushing techniques, the impact of diet on dental health, and the importance of regular dental visits.



Programs Catalog by Health Topic

Human Sexuality

Safe Spaces is a program series that provides students with medically accurate information about human development, reproductive health, relationships, and personal responsibility. Topics include puberty, anatomy, consent, communication, gender identity, sexual orientation, and decision-making. Through respectful dialogue and interactive activities, students develop the knowledge and skills needed to make informed, healthy choices. The program promotes respect for self and others, supports mental health, and encourages open communication with trusted adults. *Content is aligned with national and state health education standards and can be tailored by grade level. Modifications available for inclusive and alternative classroom settings. All topics can be covered in a single-session format upon request.*

Safety & Injury Prevention

Safe Sitter® teaches adolescents the skills they need to stay home alone, watch younger siblings, or babysit safely. Students learn life-saving techniques, safety and injury prevention, basic child care, and business skills to confidently manage babysitting jobs.

Additional workshops and customized programs are available upon request to meet the unique needs of your school or organization. To discuss your specific goals and schedule a consultation, please contact us at info@blakehealthnj.org.

We look forward to partnering with you to promote health, wellness, and education in your community.