



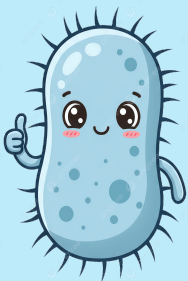
**DOWNSTATE**  
HEALTH SCIENCES UNIVERSITY

Certificate  
of  
completion

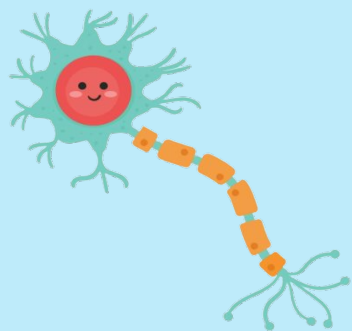
**APPLY HERE!**  
**Open to ALL**  
**students in**  
**grades**  
**8-12**

**Parents and  
educators are  
WELCOMED!**

# Health Hacks 2027

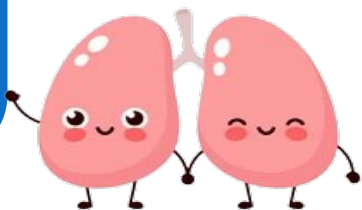


**6 WEEKS TO A HEALTHIER YOU**  
**FREE 6 WEEKS HEALTH EDUCATION**  
**WORKSHOPS**



**Application  
Deadline:  
11:59 PM  
December 20th  
2026**

**Every Wednesday**  
**January 6th - February 10th 2027**  
**Via zoom: 5PM – 6:30 PM**



**WEEK 1**    Mental Health

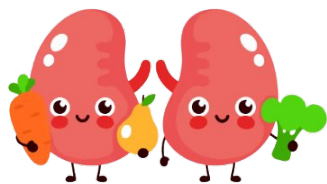
**WEEK 2**    Respiratory Illnesses

**WEEK 3**    Prevalent Cancers

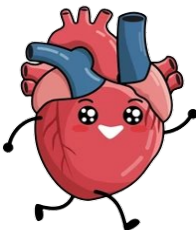
**WEEK 4**    Cardio-Metabolic  
Diseases

**WEEK 5**    Nutrition, Obesity  
and Exercise

**WEEK 6**    Student Panel  
Discussion



**\*\* Program Requirements:**  
Attendance and participation in all sessions  
Submission of group project



**For Information Email: [Pathwayprogram@Downstate.edu](mailto:Pathwayprogram@Downstate.edu)**