



AVOCADO

Danit Bar-Sella

Who I am?

- Independent community health promotor
- Mph in public health
- Naturopathic therapist
- Running instructor
- Personal trainer
- Worked 15 years in Amdocs (high tech) as computer programmer and data analyst
- Lieutenant in the Israeli air force
- 6 years ago I have changed my career and became health promoter



Avocado - Wellbeing Program

The program designated for
children ages 11-13

10 classes about wellness

Exercise

Pledge

Class #1 – wellbeing introduction



Class #2 –
escape room



Class #3 – Blue Zone - investigation

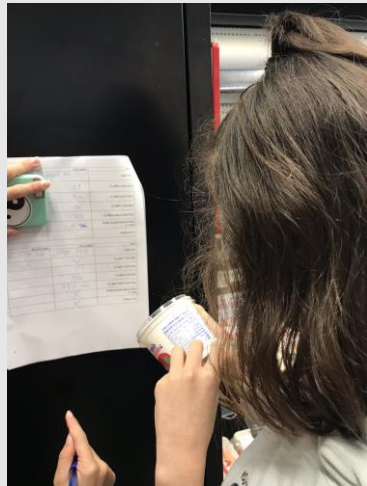
https://www.youtube.com/watch?v=LF_voca33Ms



Class #4 – the importance of exercise



Class #5 – supermarket travel



Class #6 – farm to table

https://www.youtube.com/watch?v=bGYs4KS_djg



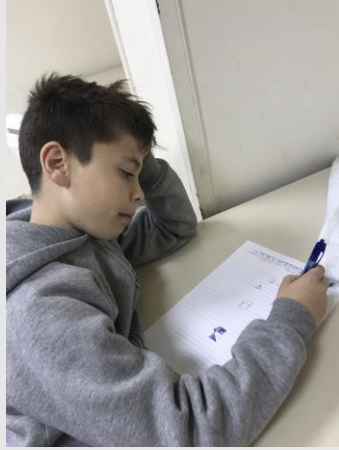
Class #7 – super foods



Class #8 – Summary session - Kahoot



Class #9 - Hackathon



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THANK YOU

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