



Lesson 3, Activity 2: Breakfast station, participants taste oatmeal
**This photo was not taken at the Pacific Islander Health spa but from a similar Teen Health Spa



Lesson 3, Activity 2: Breakfast station, participants make an Extra Gentle Polishing Scrub to take home.



Lesson 3, Activity 2: Nutrition Labels station, participants learn how to identify parts of a nutrition label and compare different foods based on the nutritional information

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Lesson 3, Activity 2: Physical Activity station, participants play with balloons as a simple and fun way to get in extra movement during the day.

***This photo was not taken at the Pacific Islander Health spa but from a similar Teen Health Spa*



Lesson 3, Activity 2: Sleep station, participants learn about the benefits of sleep, and then make a Jojoba-Aloe Moisturizer to take home.

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Lesson 3, Activity 2: Jojoba-Aloe Moisturizer