**Healthy Habits Lesson Handout**

**My Generated List of Available Health Treatments in my Community**

**My Alternative Health Practice Topic is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How Does my Alternative Health Practice Work?**

**What Health Problems can my Alternative Health Practice Heal?**

**My Common Health Problem is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What type of Alternative Health Practice would I use to treat the problem?**

**Why?**