

## Health lessons in Roanoke are recognized

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ROANOKE — A Roanoke Valley effort to expose elementary school students to health sciences has earned national recognition as a program that could be adopted elsewhere.

From January through April, first-year students enrolled in the Jefferson College of Health Sciences physician-assistant program spent time about once a month teaching students at Huff Lane Intermediate School in Roanoke about various organs in the body. Lessons included information on the heart, lungs and digestive system.

One lesson taught the children about the cardiovascular system and how pulse changes after activity. It was part of an after-school program for third-, fourth- and fifth-grade students, and also part of the Jefferson College students' efforts to provide community service.

"It was fun to see the kids warm to us," said Jen Freimund, one of the Jefferson College students.

Last month, the American Academy of Physician Assistants highlighted the Roanoke program and honored it as one of the two national "Project-in-A-Box" healthy community awards, which came with a \$1,000 prize. Half of the money goes to the Jefferson College student society for physician assistants, with the other half going to a charity of the students' choice — Roanoke's Trust House.

