


10 Easy Steps to a Healthier Home

1. Avoid use of pesticides & insecticides 
2. Use non-toxic household cleaners & products
3. Clean up indoor air
4. Eat more organic foods
5. Use plastic products wisely
6. Use battery clocks near bed
7. Minimize cell phone usage
8. Turn off bedroom circuit breakers at night
9. Unplug items within 6 feet of bed
10. Enjoy the sunshine for 20 minutes every day



WEHL
PO Box 738
Lyles, TN 37098

Wings of Eagles Healthy Living & The Children's Health Environmental Coalition



“Educating Children How to
Create Healthy Indoor
Environments”

PO Box 738
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Healthy Home, Happy Home Overview

Wings of Eagles Healthy Living (WEHL), a Tennessee nonprofit dedicated to educating people about how to create healthy indoor environments, along with the Healthy Child, Healthy World (HCHW) bring you the Healthy Home, Happy Home Campaign with the goal of teaching children and parents simple ways to make their homes cleaner and healthier.



The Healthy Home, Happy Home Campaign is an innovative collaboration between the two nonprofit organizations. "By educating children about the potential risks in their homes, we empower them to take simple steps to improve their own health and the health of their parents and siblings," said Vicki Warren, WEHL Program Director. The program will be offered at no cost to any school, church or youth organization in middle Tennessee.

To schedule a program for your group, contact:

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Age-Appropriate, Healthy Learning

The objective of the Healthy Home, Happy Home Program is to educate middle Tennesseans about indoor pollutants and how to create healthier indoor environments.

Program objectives vary by age and audience: The expectant parents' program provides information about designing a healthy nursery so that the tiniest children have the healthiest start.

As young children spend so much time inside and on the floor, they are highly susceptible to adverse health effects from indoor pollutants. A puppet show designed for young children provides instruction about poison prevention and the health benefits of fresh air.

The program for third to eighth grade students provides instruction on electric and magnetic fields, building materials and indoor air quality.

All lessons focus on teaching children about potential indoor risks so they can, in turn, educate their parents and others about ways to improve the health of their indoor environments. The goal of all Healthy Home, Happy Home Programs is to educate and empower children to make a difference in the health of their homes.

How You Can Help



The Healthy Home, Happy Home Program is possible due to the support of individuals and businesses. Your help is always appreciated.

I would like to join Wings of Eagles Healthy Living in creating healthier indoor environments for Tennessee families with my tax-deductible contribution of:

\$65 to sponsor one class presentation

- | | |
|----------------------------------|--------------------------------|
| <input type="checkbox"/> \$25 | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$500 |
| <input type="checkbox"/> \$1,000 | <input type="checkbox"/> other |
| \$ _____ | |

checks payable to WEHL

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

