Become a Health Messenger

* **Health Messenger Overview**: link to updated file.

Hosting a Health Messenger Training

* **Facilitator’s Guide**: link to updated file

Surveys

* [**Lifestyles Survey** (online): add “online” after “survey .](https://specialolympics.qualtrics.com/jfe/form/SV_3afdEeNjwkHEZh3)
* ADD: Lifestyles Survey (paper): link to updated file
* **Health Messenger Diary**: link to <https://specialolympics.qualtrics.com/jfe/form/SV_0fuHzMgwr27PE7b>

Hands on Heath Messenger Activities

* [**Nutrition**:](https://resources.specialolympics.org/Taxonomy/Health/Health_Messengers.aspx) link to updated file

   **Hygiene Slides**: REMOVE

* [**Hygiene Fact Sheet**: REMOVE](https://media.specialolympics.org/resources/health/health-messenger/Health-Messenger-HM-Personal-and-household-hygiene-fact-sheet-2018.pdf)
* [**Emotional Wellness**: link](https://resources.specialolympics.org/Taxonomy/Health/Health_Messengers.aspx) to updated file
* **Healthy Habits Quiz**: Change title to just “Healthy Habits Quiz”
* **My Personal Health Goal Worksheet**: link to updated file
* **How to Advocate**: change title to just “How to Advocate.” Link to updated files
* Using **Social Media Overview**: change title to “Using Social Media.” Link to updated files
* **How to Talk to the Media**: link to updated file