



JOHNS HOPKINS

HEALTH EDUCATION  
& TRAINING CORPS

# Want to help youth become more health literate?

Join HEAT Corps and engage in crucial educational dialogue, providing children the trustworthy information they need to make decisions regarding their health!



## ■ About HEAT:

The Johns Hopkins Health Education and Training (HEAT) Corps collaborates with K-12 classroom teachers throughout Baltimore, across the country and abroad, to convey the essential public health messages. Each virtual session is 45 minutes long, consisting of a 30-minute interactive presentation and 15 minutes of Q&A between our HEAT Corps instructors and K-12 students.

## ■ Volunteer requirements:

Volunteers are supported by JHU SOURCE, the community engagement and service-learning center for the JHU health professional schools. To become a HEAT Corps volunteer, Johns Hopkins students must commit to:

- Serving 4-8 hours per month
- Completing all volunteer training activities
- Communicating with the HEAT Corps team in a timely manner
- Using Hopkins Engage to register for sessions and report all program outcomes

## ■ Volunteer Mentoring Opportunities with Dr. Panagis Galiatsatos:

In addition to teaching youth about public health, volunteers will have the opportunity to receive mentoring from Dr. Galiatsatos!

**Panagis Galiatsatos, MD, MHS** is an Associate Professor at the Johns Hopkins School of Medicine in the Division of Pulmonary and Critical Care Medicine. He is co-chair of the Johns Hopkins Health Equity Steering Committee and is the co-director and co-founder of the novel medical initiative, Medicine for the Greater Good. Learn more about Dr. Galiatsatos and the HEAT Corps team by viewing the "Who We Are" tab on our website: [heatcorps.jhu.edu](https://heatcorps.jhu.edu)

During the pandemic, Dr. Galiatsatos and colleagues from across Johns Hopkins coordinated community engagement to assure all populations were able to access COVID-19 updates and resources in an effort to assure compliance with public health requests-evolving into what we now know as HEAT Corps!



## TOPICS OFFERED FOR VIRTUAL SESSIONS:



### E-Cigarettes & the Dangers of Vaping

**Available to:** Middle School & High School Students

**Description:** The E-Cigarettes & the Dangers of Vaping lesson covers the physiology of the respiratory system, chronic respiratory diseases, and a breakdown of chemicals in electronic cigarettes. It also touches on marketing tactics that persuade people to vape, the dangers of peer pressure, and how vaping adversely impacts physical health and wellbeing.



### Mental Health & Wellness

**Available to:** Elementary, Middle & High School Students

**Description:** The Mental Health & Wellness lesson discusses how to recognize the symptoms of stress, depression, and anxiety, and addresses the stigma around mental health. It also addresses the importance of seeking support and provides resources and tips on how to cultivate healthy coping mechanisms for overall mental health and wellness.



### Long COVID: What You Need to Know

**Available to:** Elementary, Middle & High School Students

**Description:** The Long COVID: What You Need to Know lesson covers the effects of Long COVID and what health experts know so far, providing timely information on the long-term impact of the virus. It also addresses ways to reduce transmission as we continue to interact with the COVID-19 virus and other viral infections.



### Mentoring Opportunities:

#### X-ray Rounds:

X-ray Rounds are offered bi-weekly to HEAT Corps volunteers. This is a great opportunity to walk through cases and learn how to read lung X-rays with Dr. Panagis Galiatsatos.



#### Mentoring Meetings:

Mentoring Meetings are offered several times a year. These one-on-one meetings give volunteers the chance to ask Dr. Galiatsatos for valuable guidance relevant to growing, developing, and achieving their goals.

Questions: [SOURCE@jhu.edu](mailto:SOURCE@jhu.edu)

Application: <https://heatcorps.jhu.edu/volunteer/>



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