

# Healthy Habits-Hands Patch Program®

Help your girls learn about how to prevent spreading the flu and germs. See our suggested requirements below.

This program is one in a series of programs about good health habits.

1. The **Washed My Hands Patch Program®** focuses specifically on when and how to wash hands properly.
2. The **Healthy Habits Patch Program®** focuses on general health habits and hygiene.
3. The **Healthy Habits – Hands Patch Program®** focuses on preventing the spread of the flu and germs.
4. The **I'm a Healthy Eater Patch Program®** focuses on making healthier food choices.