



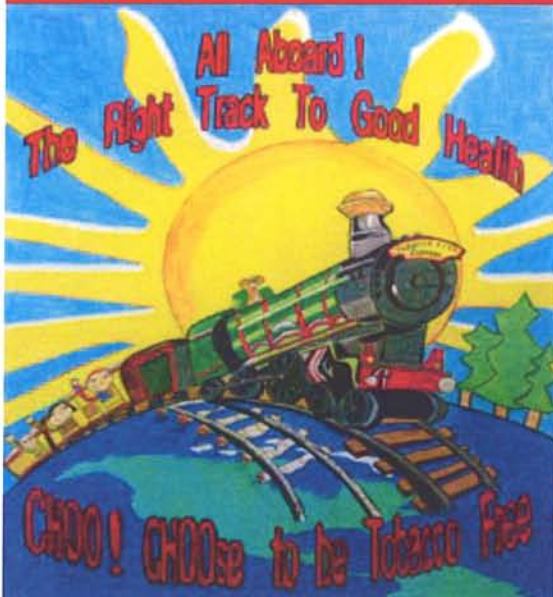
One Hour = Healthier Kids

Present the tobacco-free message at a local school.

In just one hour, you can give kids in your community the gift of longer, healthier lives.

How? Volunteer to be a Tar Wars presenter. The experience is rewarding!

Make a positive impact in your community.



2010-2011 WV TAR WARS PROGRAM

TO VOLUNTEER COMPLETE FORM AND FAX TO
1-304-562-4469

Name _____

Profession _____

Address _____

City _____ State/Zip _____

Phone _____

Email _____

School & County Preference _____



For More Information Contact
The WV Tar Wars® Program
Trina Litton or Janice Hechesky
1-304-562-4433
wvtarwars@gmail.com

2008 National Tar Wars Poster Winner
Zach Heasley, Paden City, WV



PRESENTERS INFORMATION

Who can present Tar Wars?

Tar Wars can be presented by family physicians, residents, medical students, school nurses, health care professionals, educators, nurses, physician assistants, dental hygienists and physical fitness teachers.

What do I need and how much time will it take?

Tar Wars program can be presented in a 45 to 60 minute session, and preparation time is minimal. The program curriculum is free and provides a scripted lesson plan that walks you through all aspects of the presentation.

Responsibilities of a Tar Wars Presenter:

1. State Coordinators will match you with a school requesting the program. You will contact school/teacher to schedule presentation. Classroom size should be limited to 30 students if possible.
2. Presentations must be presented between September 1, 2010 and March 1, 2011.
3. Review curriculum. Other resource material can be found at www.tarwars.org
4. Give presentation! If you cannot give presentation when scheduled please contact school.
5. Don't forget to give the students **POSTER RULES & DEADLINES**. Examples of past artwork can be viewed on www.tarwars.org. *Note: West Virginia won First Place in 2008 and has placed several times in past contests.*
6. After presentation please complete the **PRESENTERS QUESTIONNAIR** and fax to 304-562-4469.

If you have questions please contact the state coordinators, Janice Hechesky or Trina Litton at 304-562-4433 or email at wvtarwars@gmail.com.

Sponsored by: *West Virginia Academy of Family Physicians*
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**2008 WV Poster Winner and
2008 National Poster Winner
Zach Heasley, 5th Grader-Paden City Elementary**

