

Welcome to Today's Class!

Today's Topic: **Health and Wellbeing**

What makes for a healthy lifestyle? Will technology solve our health problems? Let's share our opinions.

Agenda:

1. Review the video/vocabulary
2. Breakout room discussions
3. Large group wrap-up



Watch & Learn



Scientists Are Learning How to Reverse Aging

Key Vocabulary:

1. “tapping into”
2. rejuvenate
3. groundbreaking
4. mutations
5. malfunction
6. “in it’s infancy”



<https://www.youtube.com/watch?v=U5H3EnGozr0>

Let's Talk: Discussion Questions

1. What does “good health” mean to you?
2. Will technology solve the problems of aging?
3. What if we did not die? What would life be like if we lived “forever.”
4. Is there a stigma around mental health? If so, why do you think that is?
5. What country (or countries) do you think has the best health care?
6. How do you feel about animal testing?