

Wello Association Programs

Free health education and prevention programs, built for the entire school community — students, teachers, counselors, and School Doctors.

SCHOOL YEAR 2026–2027

A red banner with the logo 'SH! SCHOOL OF HEALTH' in white. The 'SH!' is in a large, bold, stylized font, and 'SCHOOL OF HEALTH' is in a smaller, sans-serif font to its right. The banner is slightly curved and appears to be part of a larger display in a school setting.

SH! SCHOOL
OF HEALTH

Who are we?

Since 2019, **Asociația Wello** brings practical tools for education and prevention into schools and communities, created together with specialists in nutrition, mental health, and education.

Free

All programs and resources are free of charge.

Romania & Rep. Moldova

+6000 schools

Integrated

Health education becomes part of the school's regular activity.



School Programs, 2026–2027

Program	For whom	Format	Main role
BUILT Living Lab	Students 14–16 years	4 sessions	Body image, body neutrality
HealthUp Club	High school students 14–18 years	One semester	Peer-to-peer education
A Dietitian for Every School	Counselors and School Doctors	60–90 min	Recognizing warning signs
Resources for School Doctors	School Doctors	Digital	Guides, infographics, tools
Monthly Teacher Trainings	Teachers	Online, monthly	Classroom implementation
NutriHacks	Middle and high school students	Online or in- person, depending on location	Nutrition adapted to real student life

BUILT Living Lab

"Your body is an instrument, not an ornament."



A **body neutrality** program built from a masculine perspective, delivered to the entire class during homeroom hours.

- **Audience:** students aged 14–16 (8th–10th grade) in Cluj
- **Duration:** 4 weekly sessions × 50 min
- **Objectives:** reducing body dissatisfaction, critical thinking towards social media, changing group norms

The 4 BUILT Living Lab Sessions

1

Decoding the ideal

Deconstruction of body ideals, media literacy, and body neutrality.

2

Body as a tool

Exercises connecting the body's capabilities with personal values — emphasis on functionality.

3

Peer pressure lab

Real-life scenarios, role-play, and discussions about peer pressure and social media.

4

Commit & move on

Recap, personal commitments, and class norms collectively adopted.

The program is developed iteratively: feedback from students and teachers adjusts the materials from one implementation to the next.

HealthUp Club

Volunteer students who become **educators for their peers** — peer-to-peer education for high schools.

1

Recruitment

Team of 6–8 volunteer students

2

Needs Identification

Questionnaire applied to peers

3

Preparation

Validated resources + specialist support

4

Educational Capsules

4–5 capsules of 15–20 min

5

Delivery

Presented to peers in class

A Dietitian for Every School



A practical **60–90 minute** program for school counselors and School Doctors — based on case studies.

"I notice a change in a student, but I'm not sure if it has nutritional relevance. What should I ask and what is the next step?"

Situations addressed: weight changes, dietary restrictions, excessive preoccupation with body image, chaotic eating, emotional eating, fatigue, weight-related bullying, social media influence, excessive energy drink consumption.

01

Observe

What has changed and what signals deserve attention?

03

Identify

Is there a potential nutritional or behavioral risk?

02

Ask

How do you open the conversation without judgment or stigma?

04

Recommend

Monitoring, dietitian, psychologist, or specialist collaboration?

Free Resources for School Doctors

A Library of Practical Tools

Free resources for prevention and education, accessible regardless of location.



Guides & Infographics

Health education materials for students and parents.



Dietary Surveys

Nutritional assessment and screening tools.



Collaboration Guidelines

When and how to request support from a dietician or other specialist.

Monthly Trainings for Teachers

Free, monthly online trainings for teachers across the country — support for responsibly implementing educational resources in the classroom.

Context & Objectives

Understanding the resource and its educational purpose.

Concrete Steps

How to use it in the classroom, with facilitation recommendations.

Adaptation

Variations based on age and classroom context.

Continuity

Guidance for continuing the discussion after the activity.

- In addition to recurring programs, the team can participate on an individual basis in workshops, thematic weeks, and school events, assessed individually based on the school's needs.

NutriHacks

Nutrition education adapted to the real life of middle and high school students — not rigid rules, but practical and applicable information. NutriHacks reaches schools across the country, with a format adapted based on location.

What We Talk About

- How to adapt nutrition to the school and high school schedule
- How to build realistic meals and snacks on busy days
- How to make better food choices without perfectionism
- How to adapt recommendations to students' actual context and routine
- Topics proposed by participants, discussed in an open and practical format

Delivery Format

In-Person, at School

In counties where possible, sessions take place directly at school.

Online

Online support for schools and counties where in-person attendance is not possible.

For: middle and high school students

Community Programs, 2026–2027

In addition to the programs developed for schools, School of Health brings health education into the community through initiatives built around the real-life contexts of families and young people. These programs complement school-based interventions and create spaces where information can be discussed, adapted, and put into practice in everyday life.

Program	For whom	Format	Main focus
Family at the Same Table	Parents and families with children/adolescents aged 10–18	Hybrid in Cluj + fully online option	The relationship with food and body within the family
NutriHacks SHIFT	Students in Cluj–Napoca	In-person, Zbor Hub Cluj — 6 months, 12 sessions	Changing the relationship with food through mindful habits

Family at the Same Table

A program for parents of children and adolescents between 10 and 18 years old, built around the relationship with food and one's own body within the family. The focus is on simple and applicable tools, so that parents can turn nutrition recommendations into a way of working that fits their everyday lives.

What we address

- The nutritional needs of growing children and adolescents
- Challenges such as food refusal, selective eating, or emotional eating
- Practical tools that the family can continue using after the program ends
- Communicating about body, weight, and eating without shame or stigma
- Organizing family meals and sharing responsibilities between parent and child

Program format

Hybrid

An in-person opening component in Cluj-Napoca, with educational modules continued online.

Fully online

Families from other locations can participate without travel.

NutriHacks SHIFT

The third edition of NutriHacks and the first with a structured intervention design: a 6-month community program for students in Cluj-Napoca, designed to genuinely change the relationship with food — not through diets, but through conscious habits, accurate information, and the support of a group.

What the program includes

- 12 structured sessions over the course of 6 months
- Active student group with regular meetings at Zbor Hub Cluj
- Individual reflection journal throughout the entire program
- Licensed nutritionist-dietitian present for the full duration
- ↘ Topics proposed by participants, discussed in an open and practical format

Program format

In-person, at Zbor Hub Cluj

Regular meetings for students in Cluj-Napoca.

6 months, 12 sessions

Structured intervention design, with a reflection journal and active group.

An Ecosystem for the Entire Community

The same direction of prevention and health education, supported by students, teachers, and school professionals.



BUILT Living Lab

Students — body image & body neutrality



HealthUp Club

Student educators for their peers



Dietitian in School

Counselors & doctors — recognition and guidance



Free Resources

School Doctors — practical tools



Teacher Trainings

Classroom implementation with expert support



Family at the Same Table

Parents & families — relationship with food and the body



NutriHacks

Young people, students & university students — nutrition adapted to real life



Enroll your school: www.school-health.ro/ro/inscrie-scoala — All programs are free.