

**CHAMPLAIN VALLEY AREA HEALTH EDUCATION CENTER'S  
HEALTH CAREERS EXPLORATION PROGRAM**

# Shadow Day



**Friday,  
October 22, 2010**

**Porter Medical Center,  
Middlebury, VT**



## What is Shadow Day?

Shadow Day is a one-day Health Careers Exploration Program for high school students. The day includes confidentiality, infection control, and job shadow training, one 2.5 hour job shadow, and presentations by various health care and college professionals. Participants will get an up-close look at the health care field and learn about resources to develop and strengthen skills needed for pursuing one of the 300+ health care careers.

## Who should apply?

**10th-12th grade students** from Addison County, Vermont who are interested in:

- Exploring the diversity of health careers
- Gaining comfort in a health care environment
- Learning about resources in higher education
- Shadowing a professional in the health care field
- Developing skills for pursuing a health career

## How does an interested student apply?

- Download an application from [www.cvahec.org](http://www.cvahec.org) or see your school guidance counselor, science teacher, or career counselor
- The completed application and recommendation form must be received in our office on or before **September 22, 2010**

## What is the cost?

- \$25 non-refundable fee is due upon acceptance
- Participants are responsible for transportation to and from the event

## CONTACT INFORMATION:

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