

# TECH YOUR HEALTH

*LiA at TSN Boston*

## 2 Objective

To inspire and equip youth in the Greater Roxbury Area to become socially-aware, tech-savvy individuals who can use technology as a tool to improve health and wellness in their communities.

- Increase awareness of key health challenges
- Teach fundamentals of health technology
- Guide prototype development of devices
- Build skills in research, engineering, coding, 3D modeling, and presentation
- Foster confidence and leadership in STEAM and health tech

## 3 Implementation

- Start with real-life health issues to build relevance and interest
- Create a supportive, collaborative, and flexible learning environment following a sandbox concept
- Incorporate mentorship, guest speakers, and community partnerships to provide diverse perspectives and role models



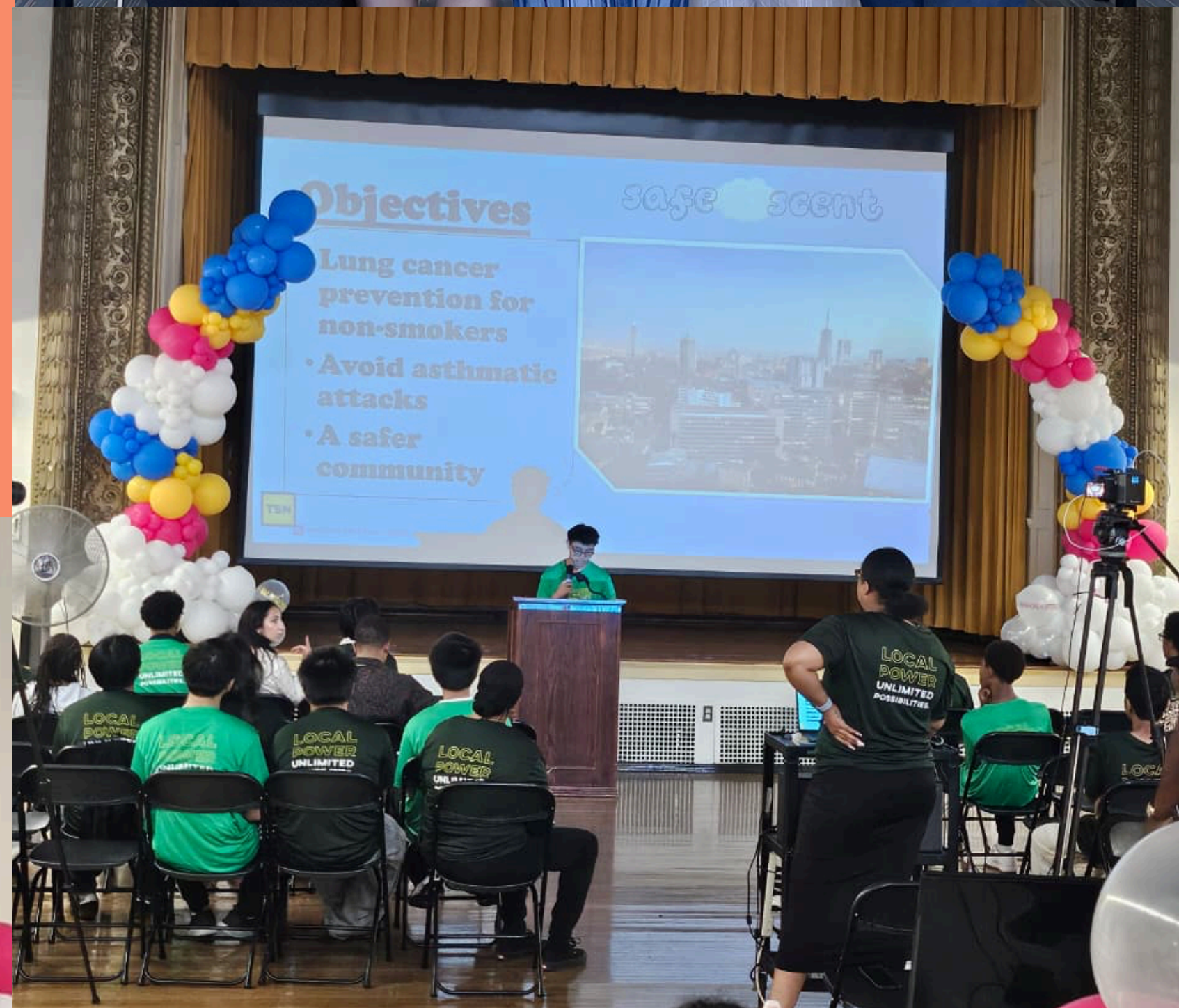
## 1 Introduction

**Tech Your Health** is a summer module by the **Timothy Smith Network** under the Boston Design Academy. Students apply engineering design principles to create health-focused prototypes using programming and 3D modeling. As the Health and Wellness instructor, I served as both a leader and mentor—guiding students through interactive sessions that integrated technology, data exploration, hands-on learning, and critical thinking about real-world health challenges.

## LEVERAGING DIGITAL LITERACY

## 4 Results

Through this experience, I witnessed students **grow as innovators and community advocates**, while I developed a deeper understanding of **ethical and global leadership**—emphasizing empathy, inclusivity, and the responsibility to empower others for meaningful impact.



*True leadership means listening with humility and empowering others to shine.*