

## Shadowing Opportunities for ACES and ACES Plus Students

### To AHEC students;

We have a unique opportunity for you to try to earn your shadowing hours with a program called Exploring. These Health Care Posts meet once or twice a month and expose you to professionals at local hospitals. If one of these locations works for you, please investigate the program at their next meeting. If you decide to join the Post, AHEC will pay your membership fee of \$7.00. **Please contact ECMO AHEC (314-772-9979) to apply for the fee.**

Please contact the Advisor (see list below) at your convenience and make the most of this resource.

### Joint EXPLORING and AHEC Shadowing Opportunities

**EXPLORING** provides young men and women ages 14 – 21 with experiences, skills and opportunities to explore careers and lifetime interests. Explorers will investigate, learn, experience, be challenged, and make new friends.

The Greater St. Louis Area Council Learning for Life program oversees more than 50 Exploring Posts involving over 2,000 young adults throughout the St. Louis metro area and surrounding counties.

Explorer posts are sponsored by a local company or organization which provides expert adult leadership and resources to help students learn more about a particular career field.

Explorer posts usually meet once or twice a month throughout the school year, at the sponsoring organization's facilities, and do hands on activities and field trips.

**YOU CAN JOIN EXPLORING AT ANY TIME OF YEAR.** Most young people join Exploring in September or October when most posts begin their new season. The initial meeting, called an open house, is held in the evening so that parents can attend and learn about Exploring too.

If you have any questions regarding these posts, please call the contact person listed. If you have other questions, please contact the Exploring Division at **314-361-0600**.

9224	Health Careers	Christian Hospital	Ed Long	314•653•5000
9152	Health Careers	St Anthony's Medical Center	Susan Schraut	314•487•7937
9297	Health Careers	St Luke's Hospital	Jackie Holloman	314•205•4235
9337	Pharmacy	St Louis College of Pharmacy	Tim Ellis	314•446•8322