



SPOKANE COUNTY 4-H PRESENTS:
REACHING NEW HEIGHTS
HEALTHY LIVING
SUMMIT

SATURDAY, NOVEMBER 18
10-3pm, Spokane County Extension Office
222 N Havana, Spokane, WA

Come and Learn how to empower your Club Officers and members with activities that are FUN, CHALLENGING and RELEVANT! All workshops are designed to be taken home to your club and led by your OFFICER TEAM!

Teens will develop the knowledge and skills to address today's issues including nutrition, physical fitness, wellness, and emotional well-being. Following this Summit, participants will be able to make better choices in regards to their health, their community's health and their club's health.

Go back to your Club ready to share and use the skills you gained.

Registration Form <http://extension.wsu.edu/spokane/4h/>
Questions can be directed to Jennifer Fees at 509-477-2199 or jfees@spokanecounty.org.



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported.

4-H

Healthy Living
Workshops:

- Cooking Competition
- Mental Mindedness
- Healthy Dating Relationships
- Yoga for Teens
- Health Rocks!

ALSO:

- How can I use this information for my club?

AND MUCH MORE...

- *Giveaways
- *Motivational Speakers
- *Meet your Washington Healthy Living Ambassadors
- *Discuss your club with Community Members, Grant Givers and local Spokane and Spokane Valley Council Members
- *Eat lunch and mingle with other teens
- *Develop an Action Plan to take back to your Club

Open to 4-H Club Officers, Volunteers, Leaders and other interested youth!

Free to 4-H members
\$10 registration for non-members.

RSVP by November 12th