

“The groundwork
of all happiness
is health.”

Leigh Hunt



**HEALTHY
HABITS**



Date: December 28th (Friday)

Time: 10am-2pm

Location: UPark, 1000 University Ave., Rm108

Grades: 1st-6th



To register: <https://bit.ly/2C8OeO6>

Participants **MUST** register no later than December 23rd.

Participation fee has been waived, thank you to Young Smiles Children's Dentistry for sponsoring!

4-H Healthy Habits is a Teens as Teachers program. Nutrition lessons, cooking, fitness, and more! Lunch and snack will be provided. Spaces are limited.

Thank you to our community partners!



**Healthy Habits
Champs!**

**Nutrition, fitness,
cooking, dental
hygiene & fun!**

**Teens as
Teachers!**

FREE!

**Thank you to
Young Smiles
Children's
Dentistry**

**Lunch and snack
provided!**



QUESTIONS?

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