



“I pledge my health to better living.”

Learn. Engage. Pledge.

The Healthy Living Advisory Committee invites you to participate in monthly office hours to learn and practice healthy habits!

Attend sessions to learn about different healthy living topics, engage with 4-H professionals and youth across the state, meet professionals from the field, and learn about resources to bring back to your community.

Healthy Living Advisory Committee Office Hours

Who: 4-H youth, volunteers & professionals

When: One Thursday per month
6 - 7 p.m.

Where: Online via Zoom

September Launch

First 20 people to register, attend and complete evaluation for Sep. will receive a \$10 gift card!

Grow

Top 15 people who attend and complete evaluation for 6 of the 10 sessions will receive a \$25 gift card!



Healthy Living Office Hours

September 11
6 - 7 p.m.

Physical
Activity

October 9
6 - 7 p.m.

Colds, Flu &
Hygiene

November 6
6 - 7 p.m.

Snacks &
Rethink Your
Drink

December 4
6 - 7 p.m.

Rest & Sleep

January 8
6 - 7 p.m.

Service
Learning

February 5
6 - 7 p.m.

Emotional
Well-Being

March 5
6 - 7 p.m.

Outdoor
Exploration

April 2
6 - 7 p.m.

Food Waste

May 7
6 - 7 p.m.

Gardening

June 4
6 - 7 p.m.

Food Preservation

Learn more

**Register for any
session**

Zoom Registration

<https://bit.ly/HealthyLiving25>



**4-H Youth
Development Program**
University of California
Agriculture & Natural Resources