



NC 4-H PRESENTS... "REACHING NEW HEIGHTS"



Contact your
4-H agent for
registration
information.

2017 NC 4-H HEALTHY LIVING SUMMIT

Friday, April 28th - Sunday, April 30th
Eastern 4-H Center

Healthy Living Workshops Covering:

- Physical Health
- Nutritional Health
- Socio-Emotional Health
- Substance Abuse

- Empowering Guest Speakers
- Team Scavenger Hunt
- Cooking Competition
- Community Action Planning