

NC 4-H Healthy Living Summit Schedule

Friday, May 4th	
6pm-7pm	Check-In/Dinner
7pm-8pm	Welcome/Opening Speaker
8pm-10:15pm	Healthy Living Movie
10:30pm	Return to cabins
Saturday, May 5th	
7:30am-8:15am	Breakfast
8:30am-12pm	Field Day Activities <ul style="list-style-type: none"> • Kayaks and Canoeing • Archery • BAT Mobile Forensic Tests Mobile Unit
12:30pm-1:30pm	Lunch
Youth 1:30pm-2:30pm	Healthy Living Workshops (Rotation 1)
<ul style="list-style-type: none"> • Kitchen Hacks • Exercise Science • Container Gardening • Talk It Out 	
Adult 2pm-2:45pm	Healthy Living Workshops (Rotation 2)
<ul style="list-style-type: none"> • The power of Data 	
2:35pm-3:40pm	Healthy Living Workshops (Rotation 2)
Youth <ul style="list-style-type: none"> • Kitchen Hacks • Exercise Science • Container Gardening • Talk It Out 	
3:40pm-4pm	Free Time
4pm-6pm	County Action Planning Workshop
6pm-7pm	Dinner
7pm-8pm	Movie Discussion
8pm-10pm	The Health Bowl - Healthy Living Contest
Sunday, May 6th	
7:30am-8am	Breakfast
Youth 8am-9am	Healthy Living Workshops (Rotation 1)
<ul style="list-style-type: none"> • Mindful Eating • The First Tee 	
Adult 8:30am-9:15am	Healthy Living Workshops (Rotation 2)
<ul style="list-style-type: none"> • TiLT: Empowering 4-H Teens to Stand Tall 	
9am-10am	Healthy Living Workshops (Rotation 2)
<ul style="list-style-type: none"> • Mindful Eating • The First Tee 	
10:10am-11am	Yoga Workshop
11am-11:30am	Pack Up
11:30am-12:30pm	Closing Speaker
12:30pm-1pm	Send Off



*Schedule subject to change