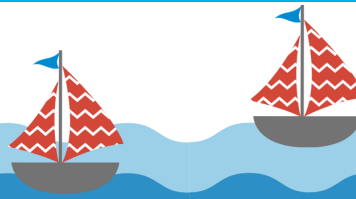


SET SAIL

with
GEORGIA
4-H



UNIVERSITY OF GEORGIA
EXTENSION

4-H Health Squad

The 4-H Health Squad is a squad of youth that are committed to learning how to live healthier and more active lifestyles. Youth will learn about topics such as washing your hands, nutrition facts, mindfulness, and My Plate. Students that complete both sessions will receive a certificate of completion and surprise incentive in the mail, as well as become part of the official 4-H Health Squad!

Excursion Dates & Times

Part 1: July 7, 2020, 1:00 – 3:00 P.M.

Part 2: July 14, 2020, 1:00 – 3:00 P.M.

Grades

4th–6th grade

Materials Needed

No materials needed.

Port of Departure (Where to Access)

Zoom info will be provided after registering via below link

Cruise Directors (Presenters)

Lauren Pike, Jackson County AmeriCorp VISTA Summer Associate

Registration Information

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_8B16tWcb7uQZ9c1

General Topics/Program Areas Covered

Healthy Living

