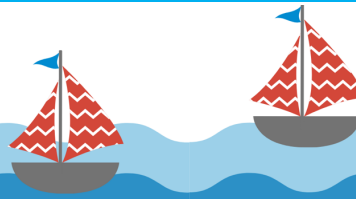


SET SAIL

with
GEORGIA
4-H



UNIVERSITY OF GEORGIA
EXTENSION

4-H Health Squad

The 4-H Health Squad is comprised 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 MyPlate. Students completing both sessions receive a certificate of completion, a surprise incentive in the mail, and become part of the official 4-H Health Squad! This version is tailored to 7th-12th graders!

Excursion Dates & Times

Part One: July 21, 2020 @ 10:00 – 12:00 P.M.

Part Two: July 23, 2020 @ 10:00 – 12:00 P.M.

Grades

7th – 12th 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 Summer Associate

Registration Information

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_9N5MMGsbPCUP7yB

Registration Deadline: July 21, 2020

General Topics/Program Areas Covered

Healthy Living

