

SET SAIL

with

GEORGIA
4-H



UNIVERSITY OF GEORGIA
EXTENSION

Health to Better Living

From Mindful Mondays, Wellness Wednesdays, and Fitness Fridays, join Pulaski 4-H in their journey to healthy living! Healthy tips, resources, fun facts, activities, and more are offered on the Pulaski 4-H Facebook and Instagram social media platforms to promote a variety of ways to live a healthy life!

Excursion Dates & Times

Every Monday, Wednesday, & Friday

Grades

K - 12th

Materials Needed

No materials needed

Port of Departure (Where to Access)

<https://www.facebook.com/pulaski.fourh>

Cruise Directors (Presenters)

Staley Bell, Pulaski 4-H Educator

Registration Information

No registration required.

General Topics/Program Areas Covered

Healthy Living

