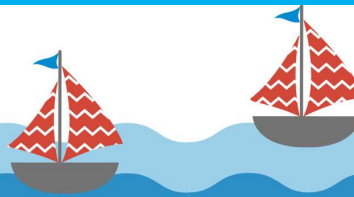


SET SAIL

with
GEORGIA
4-H



UNIVERSITY OF GEORGIA
EXTENSION

Workout Wednesdays

Workout Wednesdays are a series of videos demonstrating various exercises, dances, and workouts that families and youth can use to stay healthy and active at home!

Excursion Dates & Times

Solo Excursion (begin your voyage anytime);
New workouts posted every Wednesday by 12 P.M.

Grades

K-12th grade

Materials Needed

No materials needed.

Port of Departure (Where to Access)

Facebook & YouTube

<https://www.facebook.com/UpsonCounty4H/>
and <https://www.youtube.com/channel/UCbDaChUIdb-2wwYDeCdWHwQ/videos>

Cruise Directors (Presenters)

Hailey Robinson, Upson County CEC, Upson & Lamar ANR Agent
Menecia Wiggins, Upson County Admin. Assistant

Registration Information

No registration required.

General Topics/Program Areas Covered

Healthy Living

