



Health Rocks!®

4-H ■ HEALTHY LIFE SERIES

Health Rocks!®

is a curriculum-based lifeskills development program for youth ages 8 to 14, sponsored by the National 4-H Council. This training helps youth learn skills such as decision-making, critical thinking, and stress management, but places a special emphasis on tobacco, alcohol, and drug-use prevention. The program also includes components that bring youth and adults together as partners in developing community strategies that prepare young people to make healthy lifestyle choices. Funded by a grant from the National 4-H Council.

Who is it for? It is for youth who are 13 and older, college students, and adults. Will it be fun? There will be so many hands-on activities at this workshop that you will not want to leave.

How will it benefit me? You will learn how to teach younger youth about the dangers linked to tobacco, drugs, and alcohol. You will be a role model for many youth, and you will be paid for each person you teach. How much better does it get?

Do you want to be a role model?

A FREE training will be held at the NCC Cooperative Extension Office, 461 Wyoming Road, Newark, DE

FREE TRAINING
5/19/16 ~ 6:30-9:00 P.M.

Lessons are fun for all ages!
FREE string packs to all participants!



Register by phone 302-831-8167 or email colinphw@udel.edu
or Fax 302-831-8934 or drop-off registration

Registration deadline: 5/16/16

Name: _____
Phone: _____ Age: _____
Email: _____

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