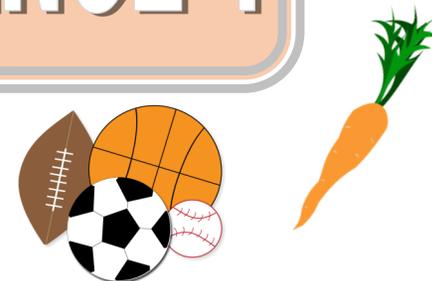


# ARE YOU "UP FOR THE CHALLENGE"?



**4-H Healthy Living, EFNEP** (*Expanded Foods and Nutrition Education Program*)  
and the **University of Delaware** are partnering to teach our  
communities about nutrition and fitness and we want you!



**Are you 13 or older, looking for an opportunity to do something fun, improve your skills and earn some cash and service hours?**

If you answered yes, you must attend our training to learn how you can teach "Up for the Challenge", a food and fitness curriculum. Opportunities to teach are often available.



*Come out to the free "Up for the Challenge" healthy living training.*

***Learn to empower and teach youth the importance of nutrition and fitness!***

**You will learn exciting food and fitness lesson plans, gain great teaching skills and earn some extra cash!**

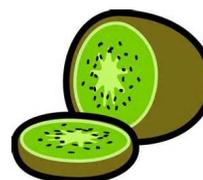
For more information on the program please visit our website at:  
<http://extension.udel.edu/4h/healthy-living/>



**WHEN:** October 15th from 9:30am-3:00pm

**WHERE:**

New Castle County Cooperative Extension  
461 Wyoming Rd., Newark DE



**To register please email Breanna Banks at [bbanks@udel.edu](mailto:bbanks@udel.edu) or call 302-831-1135 with your name, age, phone & email address.**



It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.

**\*\*Please register by October 10\*\***