



# Adulting 101

## Wednesday Evenings In-Person

**Come learn something new and meet a new friend.**

June 23<sup>rd</sup> 5:00-8:00pm

### Self Defense Class

Come learn defense techniques in case you are in an unsafe situation. 4-H Volunteer Shane Carpenter will be leading the instruction at the 4-H office.

June 30<sup>th</sup> 6:30-9:30pm

### Spokane Indians Baseball Game\*

4-H has reserved 30 tickets next to each other for \$5 apiece, keep an eye out for the link to purchase.

July 7<sup>th</sup> TBD

### Outdoor Survival Class\*\*

Local military survival specialists will be leading the class. Location and time TBD closer to event.

July 21<sup>st</sup> 6:00-8:30pm

### Vehicle Maintenance Class

Driving and vehicles are so vital for a young person to know and understand like how to change a tire, check oil and other fluids. 4-H Volunteer and Utecht Farm's owner Greg Utecht will be teaching this class. Offsite location

July 28<sup>th</sup> 6:00-8:30pm

### Emergency First Aid Class

Emergency situations are bound to happen do you know how to react to a stroke, choking, heart attack, broken bone. 4-H Volunteer RN Crystal Carter will share her vast experience and knowledge on how to react to help save a life. 4-H Office

**For 4-H youth 12 years and older, these classes are FREE and are available for 15 youth per class. First come first serve. More details for each class will be posted closer to the event.**

We are so excited to see all of you in person and be able to learn some fun and useful life tips! For questions about these classes please contact Krystal Jones; [kjjones@spokanecounty.org](mailto:kjjones@spokanecounty.org) or 509-279-4092.

\* Baseball game will need to purchase a ticket to attend      \*\* Class times are TBD, could be during the day