



HEALTH, HEART, HEAD, CALORIES, OBESITY, ACTIVITY, STRETCHING, STRESS, ANXIETY, DEPRESSION, HAPPINESS, CHANGE, DEVELOPMENT, POSITIVE CONTRIBUTION, CHARACTER, COMPASSION, CARING, CONFIDENCE, COMPETENCE, ENGAGEMENT, CONNECTION, FRIENDS, FOOD, NUTRITION, TEACHING, READING, MENTORS, CITIZENSHIP, SERVICE, EXERCISE, FITNESS, BODY IMAGE, SELF-ESTEEM, QUESTIONING, SUCCESS, ORGANIZING, KNOWLEDGE, AGENCY, RELAXATION, YOUTH, WALKING, RUNNING, SNOWBOARDING, SWIMMING, HIKING, HEALTH, HANDS, HEART, MIND, CALORIES, OBESITY, ACTIVITY, STRETCHING, STRESS, DRUGS, ALCOHOL, DEPRESSION, HAPPINESS, CHANGE, DEVELOPMENT, POSITIVE CONTRIBUTION, CHARACTER, COMPASSION, CARING, CONFIDENCE, COMPETENCE, ENGAGEMENT, CONNECTION, FRIENDS, FOOD, NUTRITION, TEACHING, READING



## Youth Advocates for Health

# Seeking Teen Teachers for Virtual 4-H Health Series

### Be a Healthy Living Teen Ambassador

- Learn with a small group of teens how to teach younger kids about health, nutrition and fitness
- Facilitate Lessons on healthy living, including reading books, asking questions, and engaging with kids
- Lead active games or exercises
- Show kids how to make simple healthy snacks
- Help kids think about what they eat (more fruits & vegetables, whole grains & water)

### Why You Should be an Ambassador

- Earn \$50 Amazon gift card
- Add to your resume
- Flex your leadership skills
- Optional future travel opportunities to local, regional, state, or national conferences
- Build your social group
- Give back to your community



## 4-H Health at 4:00



### Dates for Programming (All Virtual):

Tentative Training May 22<sup>th</sup> and 23<sup>th</sup> (Times TBD)

Every Thursday from May 28<sup>th</sup> to July 2<sup>nd</sup>  
from 4 – 5 pm



### Apply Online

Or contact [abbyb@clickitatcounty.org](mailto:abbyb@clickitatcounty.org) or [somer.meade@wsu.edu](mailto:somer.meade@wsu.edu) with questions

**Applications Due 5/15/2020**



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