

Join us for a
fun, FREE,
virtual,
3-week series on
healthy living!



Each week
will include:



- ✓ Exercise
- ✓ Story Time
- ✓ Nutrition Lesson
- ✓ Food Demonstration



A newsletter &
recipe card will also
be provided!

4-H Health @ 4:00

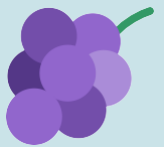


Open to all Clark,
Skamania, & Klickitat
County youth ages 5-12

At the end of the 3 week
program, families will be
provided a \$35 gift certificate
for fresh food at their local
Farmer's Market. (\$50 for
families with more than 1
child.)



Tuesdays &
Thursdays
4:00-5:00 pm
July 14 - 30



*Online through Zoom
Register by July 6th, 2020

<http://extension.wsu.edu/skamania/healthat4/>

***SPACE IS LIMITED* Sign Up Today!**



For more Information, contact:
somer.meade@wsu.edu or
abbyb@klickitatcounty.org

YA4-H!

YOUTH ADVOCATES FOR HEALTH



WASHINGTON STATE
UNIVERSITY
EXTENSION

Brought to you by Clark,
Skamania & Klickitat
County WSU Extension

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