Oklahoma 4-H HEROES for Health

Jan. 19-20, 2018

An interactive and informative look at issues affecting Oklahoma—taught by youth for youth

Registration: Jan. 19 4:00 p.m.
Program Concludes: Jan. 20 4:00 p.m.

Summit Location:
Best Western Cimmaron Hotel
315 N. Husband St.
Stillwater, OK 74075

Cost: $35 per person. Cost includes hotel, Friday dinner, Saturday breakfast and lunch, workshop materials and take-home curriculum

4-H members 7th through 12th grade are invited along with 4-H educators and/or volunteers to spend two fun-filled days participating in hands-on activities, learning in interactive workshops and advocating for healthy Oklahoma youth. We encourage one adult mentor per team of two to three youth, but it is not required. Topics to be presented include healthy living, citizenship projects, decision making, hunger, time management and more!

For more information, contact Cathy Allen at 405-744-8892 or cathy.allen@okstate.edu

#OKHeroes4Health

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2018 Healthy Living Summit
Jan. 19 4:00 p.m – Jan. 20 4:00 p.m.
REGISTRATION

Oklahoma youth 7th grade and above, adult volunteers, 4-H project leaders, and Extension educators

First Name: 

Last Name: 

Preferred name for name tag: 

Home Street Address: 

City:  County: 

Zip Code:  T-Shirt Size: 

Home Phone:  

Cell Phone: 

Email: 

Grade in School: 

Parent/Guardian: 

Parent/Guardian Email Address: 

Parent/Guardian Phone: 

Special accommodations or dietary restrictions (vegetarian, diabetic, etc.): 

Cost: $35 includes: hotel (youth 3 per room/adults 2 per room), Friday dinner, Saturday breakfast and lunch, workshop materials and take-home curriculum.
Checks payable to Oklahoma 4-H Foundation.

Send registration and payment to:

Cathy Allen
Oklahoma State University
205 4-H Youth Development Bldg.
Stillwater, OK 74078

Registration is due on Jan. 12, 2018

__________________________________________
Applicant Signature

__________________________________________
Parent/Guardian Signature

__________________________________________
Educator Signature

Healthy Living

Mission: To engage youth and families through access and opportunities to achieve optimal physical, social and emotional well-being