Become a Healthy Living Ambassador!

Interested in healthy lifestyles such as eating healthy and exercising, or are you interested in learning more about these topics? Come to a Healthy Living Summit and become a MD 4-H Healthy Living Ambassador!

What does a 4-H Healthy Living Ambassador do?

It is a Healthy Living Ambassador’s job to take back to counties and 4-H Clubs simple ways that you can stay healthy, whether it’s organizing a healthy snack for your monthly 4-H Club meeting or attending an event and promoting healthy lifestyles through educational displays and activities. Healthy Living Ambassadors are Maryland 4-H’s Health “H” promoters! We would like each 4-H Club to have at least two Healthy Living Ambassadors.

Past Healthy Living Ambassadors have also organized activities at Maryland Day, taught different healthy living topics at state events, and even attended the National Healthy Living Summit in Washington D.C.!

How old do I have to be to be a Healthy Living Ambassador?

Any 4-H age from 8-18! We need Healthy Living Ambassadors of all ages!

Dates and Locations:

We will be hosting two Summits—one for the Eastern Shore and one for the Western part of the state.

January 10th from 10am-3pm: Montgomery County 4-H Office
January 24th from 10am-3pm: Thendara 4-H Center—Dorchester County

We have lots of fun activities planned!

So far we are planning on having line dancing, smoothie making with the Blender Bike, a make-your-own trail mix station, a hand wash station, healthy living kits to take home, door prizes, games and much more!!!

How do I sign up?

All you have to do is send in your RSVP on the back of this page for one of the two summits to the Maryland 4-H Center, 8020 Greenmead Dr., College Park, MD 20740 or email Suzannah Macleod at smacleo1@umd.edu.

Questions? Call Suzannah Macleod at 301-314-7821 or Sandy Corridon at 301-314-7363
Maryland Healthy Living Summit RSVP

Name: __________________________________________________________________________
County: __________________________  4-H Club: _______________________________________
Home Address: ___________________________________________________________________
City: ____________________________ State: __________________________ Zip: _______________
E-mail: __________________________ Phone Number: ________________________________

I will be attending...

_____ January 10th Summit at the Montgomery County Extension Office
_____ January 24th Summit at the Thendara 4-H Center—Dorchester County

Sponsorships...

_____ I would like to sponsor this event. I am including a check with this form for $_________.

Volunteering...
We can use all the help we can get! If you would like to volunteer at one or both of the summits, please let us know. Whether you would like to teach a workshop, or help with a preexisting activity, we would love to have you! Contact Suzannah Macleod for more info.

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