

Do you like to eat? Do you like sports?



Join the 4-H Healthy Living project where you do both!

- ▶ Make healthy meals with friends.
- ▶ Play games and learn new and exciting ways to stay healthy.
- ▶ Complete a 4-H project in 6 weeks with the help of a mentor

When: February 10, 24, March 9,16,23,30

Where: 4-H Office, Leonardtown, MD

Time: 6:15 pm-7:30 pm

Cost: \$15 and occasional meal ingredients

To register: [Click Here](#), smallred@umd.edu,

or 301-475-4479

About the project: Eating well and exercising daily are two keys to a healthy life. This project shows why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind. Use what you learn as you compete in sports or just want to increase your fitness level. Participation in a sport is not required. Youth 8-18.

This institution is an Equal Opportunity Provider. For accommodations, please call 301-475-4479.

