



Utah State University's 4-H Program Sponsors:



Perfect for Afterschool!

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Fun!! Fun!! Fun!!

Health Rocks!

Fun!! Fun!! Fun!!

Help kids be their best!



***H**Health Rocks! A Community-Based Wellness and Life Skills Program* is a curriculum developed by National 4-H Council to develop, implement, and evaluate a nationwide, collaborative approach to reduce youth risk factors. The program focuses on positive youth development and life skills development as an approach to preparing young people to make healthy lifestyle choices. The overall program focuses on community action. **THE CRITICAL GOAL IS TO REDUCE YOUTH SMOKING AND USE OF OTHER TOBACCO PRODUCTS BY YOUTH.** The program/curriculum emphasizes the development of life skills that promote healthy lifestyle choices, targeting youth (ages 8 to 12). The design focuses on application in out-of-school environments such as youth groups, clubs, camps and after school programs.



For more information contact:

John Paul Murphy
4900 Old Main Hill, Logan, UT 84322-4900
435-797-2199
jpmurphy@ext.usu.edu

OR



CHECK OUT THE WEBSITE:
<http://ext.msstate.edu/healthrocks>

