

The 4th H...Healthy Lifestyle Choices



Contra Costa County 4-H has been selected for a UCD Research/4-H Project!

4-H members and their families are invited to participate in a FUN health education program and evaluation study conducted by the University of California Cooperative Extension and the Department of Nutrition, UCD. This program encourages a healthy lifestyle including **cooking, eating and physical activity behaviors** that improve health and prevent chronic diseases. **Plus...you get to eat what you make!**

Participants will be asked to:

- Attend six (6) healthy lifestyle 4-H Project classes
- Complete a survey at the first and last session

One group will involve participation of parents or guardians with the youth. The other group will be for youth only, in addition to the usual 4-H leaders.

Participant requirements:

- School aged 4-H youth (ages 9-11 preferably) with a parent or guardian who can support the child in the UC Davis Research/4H Project.
- Must attend six sessions on healthy living which can prevent chronic disease.
- Be available to complete surveys.

Participants will receive a small gift for their participation in “The 4th H...Healthy Lifestyle Choices”.

Contact: Marisa Neelon – Contra Costa County Nutrition Advisor: 925-646-6128

Select either the Lunch or Dinner Series (**sorry...not both or a mixture of both**)

All project meetings will be at the County 4-H Office: 75 Santa Barbara Road, 2nd Floor, Pleasant Hill

Saturday Lunch Series

10AM – 12 Noon:
January 10, 17, 24,31
February 7, 14

OR



Wednesday Dinner Series

6 PM – 8 PM:
January 7, 14, 21, 28
February 4, 11

Please print neatly – Register by turning in to the 4-H Office by December 15, 2008

Youth Name: _____ Club: _____

Age: _____ Parent attending: _____ Day phone: _____

Family e-mail: _____ Evening phone: _____

Please bring a copy of your current 4-H medical form and code of conduct. Project forms will be available on site.