

# Healthy Living Summit



I pledge my  
health to better  
living.....



University of California  
Agriculture and Natural Resources



**When:**

**Saturday January 14th, 2017.**

**Time:**

**12.00-4.00pm**

**Where:**

**Presbyterian Church of the Covenant,  
2850 Fairview Rd,  
Costa Mesa CA 92626.**

**Who:**

**All 4-H members, friends and families.**

**What:**

**To inform and promote healthy living in  
the 4-H Southern Region.**

**RSVP:**

**Christian Redman: [healthylivingsummit2017@gmail.com](mailto:healthylivingsummit2017@gmail.com)**

# Workshops/Program:

- 12.00pm- 12.15pm Welcome
- 12.15pm- 12.45pm Community service opportunities..... smile dolls, sandwiches for the homeless.....giving is receiving in a healthy world.
- 12.45pm- 1.15pm Healthy and nutritious snacks
- 1.15pm- 1.45pm Dance workshop
- 1.45pm- 2.15pm Healthy smoothie making
- 2.15pm- 2.45pm How to read food labels
- 2.45pm- 3.15pm Yoga workshop
- 3.15pm- 4.00pm "Color me Green" 1k or 2K walk/run just for fun.

Wear comfortable clothes that you can move around in.  
Come and have fun with us!!