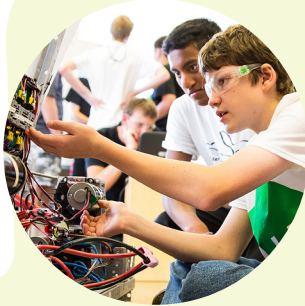




# EXPLORE YOUR WAY

It doesn't matter where you live or what you want to be when you grow up. In 4-H, you can make friends, have fun, and try new things with the help of caring adults. Whatever your interests, **there's a 4-H experience for you.** Explore your path through hands-on projects like:



**Robotics & Computers**



**Cooking & Eating Healthy**



**Raising & Taking Care of Animals**



**Performing Arts**



**Discovering Nature**



**Helping Your Community**

## What do the Four H's mean?



**HEAD:** Making good decisions; setting and sticking with goals



**HEART:** Doing and meaning what you say; taking responsibility for your actions



**HANDS:** Making a difference in your community and helping others



**HEALTH:** Taking care of your mind and body

## Ready to Learn More?

Contact your local 4-H office to find an experience near you!



**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

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