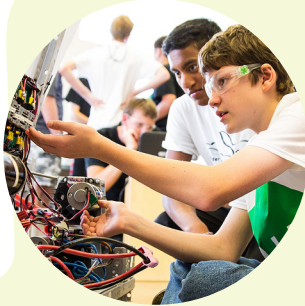




EXPLORE YOUR WAY

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

4-H Youth Development Program

4H.ucanr.edu