



# Ohio 4-H Health HEROES

## A Teen Healthy Living Advocacy Group

Are you a 4-H teen interested in learning about healthy living?

Consider becoming a part of 4-H Health HEROES! HEROES stands for Health Education Resources for Outreach, Engagement, and Service.

Teens who participate will have the opportunity to:

- Learn about a variety of healthy living topics
- Gain valuable leadership and communication skills
- Meet other 4-H youth from across Ohio who are invested in healthy living
- Leave a positive impact on your family, friends, and community
- Promote the 4th H!

Applications are due **Sunday, October 15<sup>th</sup> by 11:59 pm**. Any questions contact Justin Bower at [bower.183@osu.edu](mailto:bower.183@osu.edu) or 614-247-1979.



For more information, expectations, and application, visit [go.osu.edu/HealthHeroes](https://go.osu.edu/HealthHeroes) or scan this.



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EXTENSION



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and Environmental Sciences

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