



All Monterey County
4-Hers are invited to a Fair Time
Pool Party

Hosted by : King City Blue Ribbon 4-H Club

Who: Any Monterey County enrolled 4-H member ages 5-19

When: Wednesday, May 17th, from 5:30-8:00 p.m. Join us after you check your animal into the SVF

What: 4 pools to cool off in, plus a high dive and giant slide

Where: King City Pools, 401 Division St, so close you can walk.

Why: Funds raised go to the 4-H Citizenship Washington Focus members!

Cost: \$5.00 to swim, Dinner provided by King City Blue Ribbon 4-H Club. Please RSVP to Club Leader Mary Hughes at busymama27@yahoo.com by 5/15.

Parents – you are welcome to stay. But if you want to drop off you MUST fill out the 4-H medical release form. You must also pick up before 8:00 or, give us the name of the adult that will be picking up your member. Lifeguard provided.

REMEMBER TO PACK YOUR BATHING SUIT, NO ONE WILL BE ADMITTED INTO THE POOL WITHOUT ONE.

4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to manage emotions, and the ability to develop and maintain positive relationships. The University of California 4-H Youth Development Program is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum.

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4-H **Healthy Living Activities and Ideas**

Whether you are looking for activities to enhance your 4-H project, or food and beverage guidelines to adopt, this page features a growing list of ideas for incorporating healthy living concepts into every aspect of your 4-H program. Check out:

<http://4h.ucanr.edu/Projects/HealthyLiving/activities/>



Healthy Living Curricula

Healthy Living 4-H curricula offers a range of engaging and challenging experiences for youth of all ages and abilities and their families, building health literacy while meeting the developmental needs of youth. Contact the county 4-H offices.



Become a Healthy Living Officer

Are you looking for ways to integrate healthy living practices into your 4-H club? Check out the Healthy Living Officer position and see how you can become your club's ambassador for health!



Other ideas: to include in your club

- Color Me Green 5K races
- Sleep for Better Living
- Water for Better Living
- Respectful Relationships for Better Living

Contact your county 4-H offices for materials and support

