



# Health Rocks!

4-H ■ HEALTHY LIFE SERIES

## Winter Workshop!

**Free  
Training**

**Interested in learning how  
to teach the Health Rocks  
Program?**

**How:** Attend the Train the Trainer Class  
**Saturday March 10, 2012**

**When:** 9:45 AM – 2:00 PM—Lunch will be provided!

**Where:** New Castle County Cooperative Extension  
461 Wyoming Road  
Newark, DE 19716-1303

4-H is teaching educators, young adults, 4-H youth, and leaders to deliver the Health Rocks Program to ages 8-14.

If you are interested in this Health Living Curriculum, or a way to earn cash, develop presentation skills, self-confidence, and leadership skills, please attend this session. Bring your friends and family. Parents and youth are welcome to attend!

Once you teach 10 lessons to the same group, a stipend of \$6.50 per head is paid to the training team. You may teach alone, with a partner and split the money, or with an adult such as your parent. 4-H will help you find places to teach.

*Lessons are fun for all ages!*

*Health Rocks! is a curriculum-based life skills development program for youth ages 8 to 14, sponsored by the National 4-H Council. This training helps youth learn skills such as decision-making, critical thinking, and stress management but places a special emphasis on tobacco, alcohol and drug use prevention. The program also includes components that bring youth and adults together as partners in developing community strategies that prepare young people to make healthy lifestyle choices. (funded by a grant from National 4-H Council)*

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**For more info on  
Health Rocks!, visit:**

<http://ag.udel.edu/extension/4h/youthsubstanceabuse.html>

**To register by phone, call:**  
302-831-8866 and leave your name, age, phone, and email address.

**Or email:** krjohn@udel.edu

**Drop-off registration  
or Fax (302-831-8934) by ,  
March 5, 2012 for class on  
3/10/12**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_

**Free String Packs to  
all Participants!**

