



Health Rocks!

4-H ■ HEALTHY LIFE SERIES

Spring Workshop!

**Free
Training**

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

How: Attend the Train the Trainer Class
Saturday May 12, 2012

When: 9:00 AM – 1:00 PM—Lunch will be provided!

Where: **Paradee Center**, Kent County Extension
69 Transportation Circle
Dover, DE 19901

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:
302-730-4000 and leave your name, age, phone, and email address.

Or email: krisanne@udel.edu

**Drop-off registration
or Fax (302-735-8130) by
May 7 for May 12 , 2012
training**

Name: _____

Phone: _____

Age: _____

Email: _____

**Free String Packs to
all Participants!**

