

Jr Teen Retreat "Fantastic 4-H: Food, Fun, Fitness & Football"

Date/Time: 4:00pm Fri-1:30pm Sat, January 15-16

Sign up by: Fri. Dec. 18th, call

801-851-8470

Cost: \$35 with 1/2 scholarships available for the first 45 kids to sign up.

Location: Provo Travelodge (124 S University Ave, Provo) and the Utah County Building (100 E Center St., Provo)

Eligibility: 4-H'ers grade 5 through 8.



"Blue 42! Blue 42! Hut 1! Hut 2! Hut 3! HIKE!" Come get in the game at this Fantastic 4-H retreat. Learn the plays and practice the drills that will keep you healthy and strong. Using the ReCharge curriculum, developed by Action for Healthy Kids and the NFL, you will learn about nutrition and eating smart as well as a wide variety of games and activities that will have you pumped up for healthy living.



The cost includes hotel stay and meals, including a special lunch at Sp[^]rk in Provo where you'll get to meet the chef and learn about quality cuisine.

Super Saturday "Giving Thanks"

Date: Sat, November 21

Time: 9:30am-12:30pm

Cost: FREE

Location: L700-900, Utah County Building, 100 E Center St., Provo

Eligibility: All 4-H'ers



The theme of this year's Super Saturday is "Giving Thanks." Our fun and exciting activities include: Turkey Shoot (archery), Thanks for Food (w/ cookies), The Maize (obstacle courses), the Mayflower Challenge (boat races), and a Service Project where we will be preparing fleece blankets to be sent to needy children in Africa. This will be a great chance to have some fun and remember the true meaning of the Thanksgiving holiday.

