Laurens County 4-H
Healthy Lifestyles Club

**What:** Healthy Lifestyles helps build a 4-Her’s cooking knowledge, skills for preparing a recipe, reading nutrition labels, team work, and public speaking skills. 4-Hers in grades 4-12th will have the opportunity to compete on a 3 – 4-person team in the South Carolina 4-H Healthy Lifestyles Challenge in October at the South Carolina State Fair.

**Who:** Youth ages 5-18 years old as of Jan 1, 2020

**When:** Summer Meeting Dates – 4-6 pm
- June 3rd – Interest Meeting (no charge)
- June 17th
- July 1st
- July 15th
- Aug 12th

Fall Meeting Dates – 5-7 pm
- August 26th
- September 16th
- September 30th – Laurens County Contest
- October 7th
- October 12th – SC 4-H Healthy Lifestyles Challenge (Columbia, SC)

**Where:** Laurens County Extension Office

**Important Information:**
- Cost of the club is $10 membership dues + $2 per meeting to cover the cost of food, materials, etc.
- Members must attend 70% of meetings. September 16th, 30th and October 7th meetings are mandatory to compete at the SC 4-H Healthy Lifestyles Challenge (grades 4th-12th). Cloverbuds will compete on the county and regional (if contest is offered) level.
- The club will meet June - October

Should you require special accommodations due to a disability, please notify our office ten days prior to the event. Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.