



Healthy Body Healthy Mind SPIN Club

Tuesdays 5:30-6:30 pm January 19, 26 February 2,9,16 and 23

Join 4-Her's from across the state as we learn fun ways to keep our body and mind healthy. Yoga for Kids, games, activities and more all in the comfort of your home and in our virtual SPIN club setting.

Location: Zoom

Cost: Free to join, some supplies will be suggested for activities.

Details: Open to all 4-H age youth 8-18. Register at: <http://go.osu.edu/healthymindsSPIN>

Register by January 14 to join in!

Presented by: 4-H Professionals: Frances Foos, Lori Now, Amanda Raines, and Cassie Turner



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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