Ohio 4-H Health HEROES

A Teen Healthy Living Advocacy Group

Are you a 4-H teen interested in learning about healthy living?

Consider becoming a part of 4-H Health HEROES! HEREOS stands for Health Education Resources for Outreach, Engagement, and Service.

Teens who participate will have the opportunity to:

• Learn about a variety of healthy living topics
• Gain valuable leadership and communication skills
• Meet other 4-H youth from across Ohio who are invested in healthy living
• Leave a positive impact on your family, friends, and community
• Promote the 4th H!

Applications are due **Sunday, September 11th by 11:59 pm.** Any questions contact Justin Bower at bower.183@osu.edu or 614-247-1979.

For more information, expectations, and application, visit [https://ohio4h.org/healthheroes](https://ohio4h.org/healthheroes)