

2022 Ohio 4-H Health HEROES Schedule

Ohio 4-H Healthy Living

Please let the Ohio 4-H State Healthy Living Educator know in **WRITING** if you can't be there.

October 21 – 23, 2022 – HealthU Retreat @ 4-H Camp Ohio

- Join teen 4-H'ers from around the state to learn about health issues and topics in the following wellness categories: **1) Physical, 2) Emotional, 3) Social, 4) Creative.**

November 5, 2022 - In-Person Training, 10:00am – 4:00pm @ Franklin County Extension Office (Columbus)

- Learn what Health HEROES are, expectations, and current issues and topics in health.

December 12, 2022 – Virtual Touchbase, 7:00pm – 8:00pm @ ZOOM

- Touchbase on how Action Plans are doing.

January 14, 2023 – In-Person Training, 10:00am – 4:00pm @ State 4-H Office (Columbus) – virtual if inclement weather

- Bring in specific subject specialists based off Action Plans.

February TBD, 2023 – National Youth Summit on Healthy Living @ Washington, D.C.

- Ohio will send a delegation of Health HEROES based off protentional funding and selection.

March 11, 2023 – Ohio 4-H Conference @ Columbus Convention Center

- Some youth may be selected to present their action plans or teach on health topics at the Ohio 4-H Conference.

May 15, 2023 – Virtual Touchbase, 7:00pm – 8:00pm @ ZOOM

- Touchbase on how Action Plans are doing.

July 26, 2023 – Health Day @ Ohio State Fair

- Present your results of your Action Plan to a panel of experts.

RED – Required Trainings

GREEN – Optional Opportunities