

2024 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 27 – 29, 2023 – HealthU Retreat @ Canters Cave 4-H Camp

- 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 4, 2023 - In-Person Training, 10:00am – 4:00pm @ State 4-H Office (Columbus)

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

December 11, 2023 – Virtual Touchbase, 7:00pm – 8:00pm @ ZOOM

- Touchbase on how Action Plans are doing.

January 27, 2024 – 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 12, 2024 – Virtual Touchbase, 7:00pm – 8:00pm @ ZOOM

- Touchbase on how Action Plans and lesson plans are doing.

March 9, 2024 – 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.

March 13 – 17, 2024 – National Ignite Summit @ Washington, D.C.

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

April 20, 2024 – In-Person Training, 10:00am – 4:00pm @ State 4-H Office (Columbus)

- Go over summer schedule.

May 13, 2024 – Virtual Touchbase, 7:00pm – 8:00pm @ ZOOM

- Touchbase on how Action Plans are doing. Trained on healthy living activities and lessons to teach to the community.

July 24, 2024 – Health Day @ Ohio State Fair

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

RED – Required Trainings

GREEN – Optional Opportunities

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