



Gladwin County 4-H Presents:

MEDIA-SMART YOUTH

“Eat, Think and Be Active”






FREE, 6-week, after-school education program for youth in grades 6-8.

The curriculum is designed to empower young people to:

- * Build skills that help make informed decisions about being physically active and eating nutritious food in daily life.
- * Become aware of, and think critically about, media’s role in influencing nutrition and physical activity choices.
- * Establish healthy habits that will last into adulthood. Try , and eat, new and fun foods!
- * Learn about media and create their own media products to educate their peers, community and family!
- * Have fun and be a part of 4-H in Gladwin County!
- * **No cost, It’s Free!!!**

<p>Who:</p> <p>Open to all youth in grades 6, 7 and 8.</p>	<p>When:</p> <p>Tuesday afternoons From 3:30-5:00 p.m.</p>	<p>Dates:</p> <p>Every Tuesday, October 18th-November 22, 2016 (Session will meet on Thursday, November 17th, instead of Tuesday, November 15th)</p>	<p>Location:</p> <p>Beaverton High School 3090 Crockett Rd Beaverton, MI 48612</p>
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<p><u>Questions or To Register:</u></p> <p>Contact Gladwin County MSU Extension at 989-426-7741 or email huffordj@anr.msu.edu</p> <p>*Must Pre-Register to Participate</p> <p>Register by October 14th, 2016</p> <p>Attending all sessions is encouraged</p> <p>Must have at least five youth signed up to run series</p>	<p><u>Cost:</u></p> <p>Free, thanks to a grant from the Gladwin Community Foundation</p> 	<p><u>What to Expect:</u></p> <p>Media-Smart will explore:</p>  <p>Media-Smart Youth lessons promote</p> 
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Accommodations for persons with disabilities may be requested by contacting *Gladwin County MSU Extension* at (989)426-7741.