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UConn 4-H
Healthy Living Day
November 19th, 2022
UConn, Storrs
9:00AM - 2:30PM

This was all made possible by a grant from the National 4-H Healthy Living Summit

Morning Workshops

Health and Wellness: This workshop is dedicated to self-development. Participants are going to learn about growth mindset principles and building wellness into your day-to-day. Celebrate your small wins!

Herb Gardening: In the herb gardening workshop participants will get an opportunity to learn about growing herbs, the benefits of herbs, as well as talk to industry experts. Participants also get to enjoy a hands-on herb gardening activity.

Physical Fitness: In this fun workshop participants will get an opportunity to learn about physical fitness from a seasoned instructor who takes an engaging, enthusiastic approach to taking care of physical health.

Nutrition: The nutrition workshop will focus on the importance of good nutrition as well as teach the participants about how nutrition can be fun and delicious! This educational and interactive workshop will give participants knowledge for making decisions when it comes to choosing foods.

Afternoon Workshop

Poverty Simulation: Participants will have a file filled with information about their character in the poverty simulator. Participants will have to learn how to budget, how to shop with a limited allowance, as well as learn how to apply to WIC and SNAP through Social Services. This activity is meant to educate youth on the severity of poverty and to inspire them to help those who live in poverty and are food insecure.

Open to youth ages 12-18!

Lunch will not be provided