



# #OHteens4Health

## Health Summit by Youth, for Youth

An interactive and informative look at issues affecting teens in Ohio

Be a part of our first summit to promote health action and advocacy among teens. Topics to be presented include: sleep advocacy, positive relationships, mental health, foods that heal, inspiring physical activities, stress relievers and more. This event is open to all youth (9-19 years) and the adults who work with them. 4-H membership is not required. We encourage one adult mentor per team. Recruit your team of three today and make a difference in your community tomorrow!

SATURDAY  
**NOV 12**  
10A.M. to 3:30P.M.

Nationwide & Ohio Farm Bureau  
4-H Center

\$35 per person (meals and  
materials included)

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[www.ohio4h.org/healthyliving](http://www.ohio4h.org/healthyliving)



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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