Healthy You! Healthy New Year!
Self-Esteem Workshop

All Salt Lake County 4-H members (and any parents who would like to attend) are invited to a night of learning designed to help you, understand YOU!

Join Us!

Thursday, February 1

6:30 - 8:30 p.m.

Entheos Academy in Kearns

(4710 West 6200 South)

Presenters will offer mini workshops that will focus on emotional wellness and risk taking.
Karson Anderson, Davis County 4-H, will be our feature guest speaker. Karson will address ways you can break out of your rut when you feel stuck in a situation…no matter what that situation might be.

This will be a positive and FUN learning experience for all!
(Light refreshments will be served.)

Register through your profile at www.4honline.com