

IVANHOE

4-H AFTERSCHOOL PROGRAM

Activities

Program Details

LOCATION: Lincoln Elementary Cafeteria

DATE: Tuesday, January 10

TIME: 3:25 - 5 p.m.

COST: \$4.00 **GRADES:** K - 4

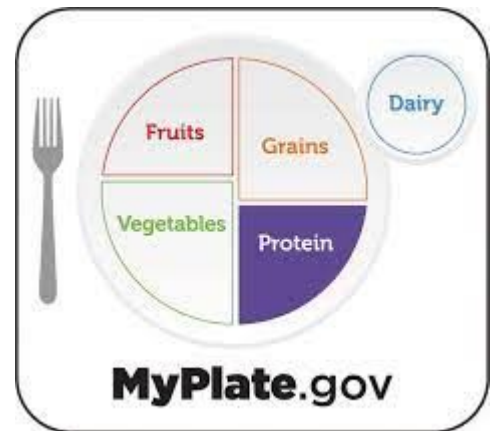
SPONSORED BY: Lincoln County 4-H

NOTES: Please return by Monday, January 9

Minimum 8 to hold program. Maximum 15.

THEME: Protein Power

This month's 4-H Afterschool 'Fuel Up, Tune Up, Groove Up' is all about protein! We'll learn about protein and its role in the body by making a protein packed wrap. Explore protein's connection to their muscles through a 'muscle mania' game, and they learn about yoga as a mindfulness practice.



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LINCOLN COUNTY

I give my child, _____, permission to attend the 4-H Afterschool Program

Parent Name _____

Birthdate _____

Address: _____

My Child will be getting home:

Emergency Contact Phone # _____

Walking Home Picked up by: _____

List any allergies: _____

I would like to learn more about volunteering with 4-H

List any special needs/medical conditions: _____

I would like to learn more about other 4-H programs, please add me to your newsletter: _____

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