



MERCER COUNTY RUTGERS 4H HEALTH, BODY, MIND CLUB

Our club is part of 4-H, a nationwide youth development program and a Cooperative Extension of Rutgers University!



MEETING DETAILS:
WE MEET ON THE 1ST AND 3RD SUNDAYS OF EACH MONTH AT THE 4H OFFICE IN EWING AND THE LIBRARIES IN THE WEST WINDSOR AREA FROM 12:30 - 2 PM

During our meetings, we explore topics such as:

Healthy Fitness, Nutrition, and Safety: Learning about balanced eating, physical activity, and creating safe environments for long-term health

Healthy Habits: Hands-on activities focused on nutrition and food preparation, often led by youth leaders and teen ambassadors

Prevention & Awareness: Education on disease prevention, including topics like zoonotic diseases and identifying community health resources

At Health Body Mind Club, we focus on promoting overall wellness! Physically, mentally, and emotionally, through engaging activities, discussions, and service projects.

We offer leadership positions!!

