

## Health Officers

- \* Health Report - give a health fact at each meeting
- \* Demonstrations - give a demo on something you've learned through a 4-H health project or something else that relates to health
- \* Healthy Snacks - either you or another club member could provide a healthy snack as refreshments at a club meeting
- \* Community Service - get your club involved in a project in your community that relates to health or promotes living a healthy life
- \* Club Kit - put together your own first aid kit that can be used for your club and taken to all meetings
- \* Speakers - talk with your advisor and get a someone to come and talk to your club on a health issue
- \* Keeping Records - It's a good idea to record what you do as Health Officer.

Your job is to promote a healthy lifestyle for your club. Try to get your club excited about their health!

You can participate in the County Health and Safety Speaking Contest or get a group of your club members together and participate in the Health and Safety Skit Contest. The Demonstration Contest is also good way to promote health or anything else you would like to demonstrate. If you would like more information on this call the County Extension Office at 653-5419.

**Good Luck and Congratulations on your office!!!**