



# HEALTH HEROES WORKSHOP FOR YOUTH

Join faculty, staff, and medical students from the UVM Larner College of Medicine and UVM Extension 4-H for a series of interactive workshops promoting practical health and wellness knowledge for your own life and to share with your community.

For youth in grades 8th-12th. This is a free program, but registration is required.

Contact Margaret Coan at [Margaret.coan@uvm.edu](mailto:Margaret.coan@uvm.edu) for more info.

## Dates & Topics

**Thursday, 9/19, 5:00- 7:00 pm:** Healthcare and Healthy Living: Careers in Healthcare and promoting healthy lifestyles

**Saturday, 10/5, 12:00-2:00 pm:** Prevention Strategies: What you can do to enhance personal and community health

**Thursday, 10/17, 5:00-7:00 pm:** What is Mental Health and why is it important for overall health?

## REGISTRATION



[\*\*REGISTER HERE NOW!\*\*](#)

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To request language interpretation/translation assistance and/or a disability-related accommodation to participate in this program, please call or email Margaret Coan at 802-656-7634 or [margaret.coan@uvm.edu](mailto:margaret.coan@uvm.edu) at least 3 weeks before the event so we may assist you.