



Health Rocks!® is a 4-H Healthy Living program for kids in 5th through 7th grades with the goal of bringing youth, families and communities together to reduce tobacco, alcohol and drug use. This proven program provides youth with the skills to make healthy decisions and lead healthier lifestyles.

This program is free of charge and is brought to you by a partnership between 4H of Carteret County and Carteret County Parks & Recreation Department.

Pre-registration is required for the 10 week program. Free refreshments will be provided at each class.

For more information or to register, call Darlene Austin at Ft. Benjamin Recreation Center 252-222-5858 or visit Carteret County Parks & Recreation's website ccpr.recdesk.com

DATES

Every Wednesday
beginning March
18th through May
20th, 2020

LOCATION

Fort Benjamin
Recreation Center
100 McQueen Ave.
Newport, NC

TIME

3:30 - 4:30 pm

