



2022 Healthy Living Summit

Agenda at-a-Glance: April 21 - 24, 2022

[Hyatt Regency Bethesda](#)

Thursday, April 21, 2022

3:00 – 4:30 pm: Check-In

5:00 – 5:30 pm: Welcome

Freeman Thompson, Director of Educational Opportunities, National 4-H Council

5:30 – 6:30 pm: Dinner

6:45 – 7:15 pm: Keynote Speaker

7:15 – 8:00 pm: Become a Change Agent

Your experiences at the Healthy Living Summit won't end when the summit is over. It is just the beginning step in developing your own Action Plan to institute in your home community. Learn how this year's process will work as well as find out about funding opportunities to turn your ideas into reality!

You'll also learn about this year's service project, the Healthy Living Summit Walk-A-Thon

8:00 – 8:30 pm: Networking



8:30 –10:00 pm: State Program Showcase

Learn how Healthy Living is taught and experienced throughout the country by your peers by taking part in the State Program Showcase. An opportunity for 4-H programs to talk about how they lead their communities through Healthy Living

10:30 pm: Curfew

Friday, April 22, 2022

7:30 - 8:30 am: Breakfast

8:45 –11:30 am: Workshop Sessions

Experience hands-on workshops that will broaden your horizons in the Healthy Living sector, while also picking up activities that you can bring back and teach to your fellow 4-Hers in your community.

Some of the workshops to be offered include:

- *Whole Child, Whole Family Health: A Top 7 Resource Playlist*
- *Glow Yoga: Unleash Your Spark Through Healthy Mind and Body*
- *Food, Fun, and 4-H*

11:30 – 1:00 pm: Lunch

1:00 – 6:30 pm: Field Trip: Smithsonian Institute

The Smithsonian Museums offer a wide array of history about the history of American life and culture. Explore the various museums with self-guided tours to learn and understand the ways Healthy Living has played a role in the development of our country.

6:30 – 7:45 pm: Dinner

8:00 – 10:00 pm: The Community Food Experience: A Poverty/Hunger Simulation

This powerful interactive simulation, led by Georgia 4-H (in partnership with the Georgia Foodbank) allows participants to gain a deeper understanding of the causes contributing to poverty and the challenges of hunger, while exploring the impact food insecurity has on individuals and communities.



10:30 pm: Curfew

Saturday, April 23, 2022

7:30 – 8:30 am: Breakfast

8:45 – 11:30 am: Workshop Sessions

Experience hands-on workshops that will broaden your horizons in the Healthy Living sector, while also picking up activities that you can bring back and teach to your fellow 4-Hers in your community.

Some of the workshops to be offered include:

- *Dimensions of Wellness: Add to your Coping Toolbox*
- *Understanding Addiction: A Discussion on Addiction as Disease*
- *Are You READY (Reimagining Equity & Access for Diverse Youth)*

11:30 – 11:45 am: Networking

11:45 – 1:10 pm: Lunch

1:15 – 1:45 pm: Youth in Action Speaker

Kristin Osika, New Jersey 4-H, 2022 Youth in Action Award Winner, Healthy Living

Hear Kristin's inspiring story and how she used her 4-H experiences to help make change in her community

1:15 – 3:30 pm: Opening Your World on Health Careers

Meet with industry leaders as they give insights on the growth of the Healthy Living sector and learn where you can begin to take your next steps in Healthy Living journey after your 4-H career.

3:45 – 4:15 pm: Walk-A-Thon

Updates on the standings for the weekend long Service Project

4:30– 5:00 pm: Evaluation

5:00 – 6:00 pm: Dinner



6:00 – 10:00 pm: Nightview of Washington, D.C.

Enjoy the iconic monuments of the Nation's Capital with your peers in a night tour. Monuments to include:

- Jefferson Memorial
- WWII Memorial
- Lincoln Memorial
- Korean War Memorial
- Vietnam Veterans Memorial
- MLK Memorial

10:30 pm: Curfew

Sunday, April 24, 2022

7:30 – 8:45 am: Breakfast

8:45 – 10:00 am: Share-A-Thon

Share your ideas for your Action Plans with your peers in a poster session while also getting an opportunity to see how everyone plans on making change in their community.

10:30 – 11:15 am: Capnote Speaker

11:15 am: Final Evaluation & Goodbye!

