



Join a 4-H Club today by visiting www.Mass4H.org

4-H stands for head, heart, hands and health.

Some of the benefits of 4-H membership include:



HEAD

- Access to 4-H resources and curricula through your local 4-H lending library
- Learning the basics of record keeping and receiving recognition for accomplishments
- Receiving quarterly newsletters that give information about opportunities for 4-H families
- Gaining valuable leadership experience by serving as a club officer or junior leader
- Eligibility for college scholarships at the local level



HEART

- Belonging to a group with other kids who share similar interests
- Learning and growing under the guidance of caring adults
- Helping your community
- Making friends for life



HANDS

- Exhibiting projects at 4-H fairs and winning ribbons and prize money
- Representing Massachusetts at the Big E-
- Participating in exciting 4-H activities such as contests, quiz bowls, workshops, and camps
- Applying for mini-grants from the Massachusetts 4-H Foundation for club projects
- Attending teen state and national conferences offered by 4-H around the country
- Experiencing science through hands-on activities



HEALTH

- Building confidence while learning to speak in front of a group
- Learning to be a good leader and mentor to younger members
- Insurance coverage during all 4-H activities by American Income Life accident policy
- Eligibility for 4-H Advisory Council camperships and program scholarships



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