If you are in 4th through 12th grade and live in the city, on the farm, or in between, then 4-H is for you.

In 4-H you can . . .

- Have fun
- Make friends
- Learn and do new things
- Help others

4-H is filled with excitement for adults, too. As a volunteer, you can develop skills, abilities, and understanding so you can work effectively with 4-H'ers and others. You can help 4-H while 4-H helps you.

Families learn and share in 4-H. Return the coupon on the back to receive 4-H details from your local Iowa State University Extension county office.

More than 135,000 young people participated in Iowa 4-H activities last year.

You belong in 4-H!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

IOWA STATE UNIVERSITY
University Extension