

News Release to Announce
your County Training

Sponsoring workshop....

(Site name) _____ is organizing a training program to help **(your county)**

County youth prepare for making healthy choices. This training will teach skills such as critical thinking and communication as well as ways to avoid peer pressure.

Health Rocks! is a curriculum base life skills development program for youth.
Participants

learn life skills such as decision-making, identifying risks and stress management. The program places a special emphasis on youth becoming responsible members of their community. It includes components that bring youth and adults together in developing community strategies that

help 1-12 year olds make healthy choices.

Research indicates that youth who have positive social skills and competencies are more resilient to negative pressures. The program works to bring youth and adults as partners in developing strategies that prepare youth to make wise choices.

Adults and youth interested in attending the training may contact **(name)**
at **(phone number) or (email address)**.

Provided by:

Phone:

Date: