

**Sunday, June 4, 2023****12:00 pm | Registration & HTYA Shirt Distribution****1:00 pm | Kick-off to Health****Dr. Julie Gardner, HTYA Coordinator & Riley Wallis, HTYA**

Join us as we kick-off the 2023-2024 HTYA year! Learn how YOU will make an impact on your community!

**1:15pm | Icebreakers and Games: Developing Skills to Engage Others****Riley Wallis, Matti Mann, Kinlee Gardner, Keely Knesek, Ella Jander**

Ready to meet your team? Here you will meet others and learn new ways to engage people at your local events.

**2:15pm | Changing Policy, Systems, and Environments through the Voice of Youth****Dr. Jacob Szeszulski, Institute of Advancing Health through Agriculture****Introduction: Peyton Wirebaugh, HTYA**

Discover how you can be the voice and action of change in your community. Changes to policies, systems and environment results in communities of health!

**3:00 pm | Icebreakers and Games: Developing More Skills to Engage Others****Riley Wallis, Matti Mann, Kinlee Gardner, Keely Knesek, Ella Jander****4:00 pm | Rethink Your Drink****Milissa Wright, Concho County Extension Agent & Ofilia Gonzalez, HTYA**

Learn how sugar and energy drinks really affect your health, and ways that you can teach others to hydrate healthier.

**5:00 pm | Dinner****5:30 pm | Ignite Your Spark with Idea Sharing****Brown County, Refugio/Goliad Counties, Briscoe County, Gillespie County, Floyd County,**

Want to learn new and innovative program ideas? This session will highlight exciting things HTYAs are doing across our state!

**6:30 pm | Homework, Dismissal and Pickup****Monday, June 5, 2023****8:00 am | Welcome Back**

Kick-off to another great day of learning!

**8:15am | Leadership & Health****Dr. Kia Parsi, Executive Director, Texas A&M University Rural and Community Health Institute****Introduction: Kinlee Gardner, HTYA**

Learn the importance of health and community leadership and how your role as a Healthy Texas Youth Ambassador can impact the lives of others.

**9:00 am | Teaching for the Ages****Shea Nebgen, Gillespie County Extension Agent**

Do you talk to an 8-year-old the same way you talk to an 80-year-old? In this session, you will discover new conversation and teaching methods for all ages.

**9:30 AM | Stretch Break****9:45 am | Food Safety & TikTok Myths****Julie Prouse, Texas A&M Department of Nutrition, Extension Specialist & Keely Knesek, HTYA**

Should you really freeze an egg before cooking? Find out if what you are seeing on social media is really all it's cracked up to be! Learn how to find CREDIBLE resources!

**10:30 am | The Science Behind our Food****Dr. Rebecca Creasey, Texas A&M Department of Food Science****Introduction: Emmalee Parrot, HTYA**

Have you ever wondered what makes food items healthy or why we prefer certain food items over other food items? In this session, we will explore the science behind the flavor and nutrient density of foods and how we can create foods that appeal to our senses and nutrient needs.

**11:15 am | Brain Break - Working Through the Obstacles: Cardio Respiratory Fitness****Christa DeStefano, Emalee Parrott, Peyton Wirebaugh, Regan Laminack, Sierra Killam****12:15 pm | Lunch****12:45 pm | Mental Health Ambassador 101****Angela Bates, Mental Health First Aid****Introduction: Sierra Killam, HTYA**

Build your knowledge about mental health and the resources that are available throughout the state. Discover how you can make an impact in your community and help save lives.

**1:45 pm | Sports Nutrition Game Plan****Amy Foster, Texas Beef Council****Introduction: Regan Laminack, HTYA**

The Sports Nutrition Game Plan is a premier sports nutrition program designed for Texas high schools. Explore ways YOU can help local athletes and coaches.

**2:45 pm | Brain Break – Keeping Mentally Fit****Christa DeStefano, Emalee Parrott, Peyton Wirebaugh, Regan Laminack, Sierra Killam****3:30 pm | College & Career Exploration****Megan Logan, Extension Specialist – Leadership Development****4:30 pm | Wrap-up, Evaluation and Awards****5:00 pm | Dismissal**