

WHO WE ARE

HEY! - HEALTHY EXCITED YOUTH is a 501(c3) nonprofit organization that aims to provide a comfortable & understanding space for students to discuss important ideals of Health & Wellness. We also provide mentoring and community service opportunities.

We have a strong network of staff, volunteers, and mentors that are all young, successful professionals from the surrounding communities. We firmly believe that bridging the age gap will increase participation and engagement in our students.

Finally, we always work with local schools, community centers, and libraries to hold our sessions.



HEY!

Healthy Excited Youth

OUR GOALS

ENCOURAGING POSITIVE CHANGE IN OUR COMMUNITIES

How do we do this?

Through our **5 HEY! Goals:**

HEALTH &
WELLNESS EDUCATION

NUTRITION EDUCATION

MENTORSHIP

COMMUNITY SERVICE

STIGMA ELIMINATION



EDUCATION

Through the use of online materials, in-person seminars, and informational activities, students will explore Health & Wellness as it relates to their daily lives. Students will also learn the fundamental principles of nutrition, the role of nutrition within exercise, and how to stay physically fit.

MENTORSHIP

Students have access to mentors within the fields of The Arts & Media, Business, Engineering & IT, Entrepreneurship, Government Law and the Sciences. These mentors are young professionals in their field looking to expose the students to new opportunities. Networking is a vital tool and helps to instill confidence within the students for professional settings.

COMMUNITY SERVICE

Community service opportunities will be presented to the students monthly. We offer an array of outlets in which the students can invest their time. As HEY! is a nonprofit organization based on the tenant of helping others, we strongly encourage students to join our efforts.

STIGMA ELIMINATION

HEY!'s open forum style has been constructed to ensure the flow of discussion. We highly encourage diversity as we believe that stigmas, biases, and negativity often stem from ignorance, not hatred, by shedding light on sensitive topics, we strive to eliminate stigmas.

FOR THE STUDENTS

We're thrilled to do the work we do and are appreciative of the efforts our students make. Each HEY! session will provide healthy snacks and prizes for participation.

HealthyExcitedYouth.org
(202) 709-6634

HEY! OFFERINGS



QUESTIONS?

VISIT US ONLINE OR REACH US
DIRECTLY AT

INFO@HEALTHYEXCITEDYOUTH.ORG