



Camp ENERGY is looking for teens

What: Camp ENERGY (Exercise, Nutrition, Emotions, Record, Goals, You)

Who: Teens (ages 14 to 17 years) with a BMI in the 85th percentile or above for age, height and weight

When: May 29-31 and October 16-18
eligible campers must attend both weekend sessions

Where: Camp Victory, Millville, Pennsylvania

Designed to be fun, informative and lifestyle-changing, the program features exercise, fitness, and "how-to" sessions on preparing healthy teen-friendly meals. Campers also learn how to record daily caloric intake and integrate exercise into their daily activities to ensure long-term success.

For more information:

Call 570-214-5529 or-email campenergy@gmail.com



www.gocampenergy.org