



**Who:** Teens, ages 13 to 18, with a BMI in the 85th percentile or above for their age, height and weight.

**When:** May 14-16 and October 2, 2010

Eligible campers must return for one day in October and a parent/guardian should plan to attend May 14 and October 2.

**Where:** Camp Victory, Millville, Pennsylvania

**Cost:** \$50 fee (need based scholarships are available)

*Space is limited, so reserve early!*

A fun and informative healthy changes program featuring nutrition and exercise education, how-to sessions on preparing healthy meals, and fitness. Campers also learn how to record daily caloric intake and integrate exercise into their daily activities to ensure long-term success.

**2<sup>ND</sup> ANNUAL CAMP ENERGY ~ FOR TEENS ~  
EXERCISE, NUTRITION, EMOTIONS, RECORD, GOALS, YOU**

TO LEARN MORE ABOUT THIS OPPORTUNITY:



E-MAIL: [CAMPENERGY@GMAIL.COM](mailto:CAMPENERGY@GMAIL.COM)

PHONE: 570-214-9796



WEBSITE: [WWW.GOCAMPENERGY.ORG](http://WWW.GOCAMPENERGY.ORG)