



No Cost Youth

Summer Fitness Camp

Our mission: to promote a healthier future by treating and preventing obesity in our youth while inspiring adults to be an example of health and wellness.

Where:

Harpool Middle School, Argyle, TX
(see web site for more details)

Who:

Ages 5 & up

When:

July 6 through July 9th
8:30 -9:15 a.m.

****Must register online by July 4th!**

*Be sure to check our website often for upcoming camp dates all summer long!

**Participants must be 5 years of age & must register online prior to attending camp!

What to bring to camp:

- A water bottle
(LOTS OF WATER)
- Good running shoes
- A great, positive attitude!
- COMMITMENT!!

Camp includes:

- 4 camp sessions at no cost!
- **LOTS OF FUN GAMES!**
- Non-competitive activities
- Fun ways to incorporate weights and cardio
- Nutrition information
- Teamwork
- Outdoor Events
- Prizes

....and more!

Sponsored By:



****Donations are greatly appreciated and will be used to help Start Caring Wellness prevent and treat childhood obesity!*

For more information please call **(214) 228-9229** or email at camps@startcaring.org or visit our web site at

www.startcaring.org