

Healthy Habits Camp 2010 Registration

August 16-20

Application deadline: June 15

Child's Name _____

Date of Birth _____

Parent's Name _____

Address _____

Phone (Home) _____

(Work) _____

E-Mail Address _____

Registration Fees: (deposits are non-refundable)

\$100 deposit by May 1

\$450 registration fee prior to June 1

\$500 registration fee after June 1

Donations:

I want to make a tax-deductible donation to
Brainy Camps, Inc.

\$_____ to sponsor a child

\$_____ to grow the camps

Please send me a scholarship application

I am interested in being a CIT (counselor in training)

Circle T-shirt Size:

Children S M L

Adult S M L XL

Registration fees payable to: Brainy Camps

Donations payable to: Brainy Camps, Inc.

Mail to: Brainy Camps of CNMC

111 Michigan Avenue NW,

Washington DC 20010-2970

Care of Sandra Cushner Weinstein

Brainy Camps of Children's National Medical Center

111 Michigan Avenue, NW

Washington, D.C. 20010 – 2970



Brainy Camps
Developed by the Center of Neuroscience and Behavioral
Medicine at Children's National Medical Center.

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Healthy Habits Camp



For Children and Teens
at Risk for Obesity

**August
16-20**

Brainy Camps

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Medicine at Children's National Medical Center.



Healthy Habits Camp

Children's Healthy Habits Camp located in Massanetta Springs, VA, offers adolescents and teens with obesity (ages 9-16) five days and four nights of summer fun and social connections. Healthy Habits Camp is sponsored by Children's National Medical Center. Healthy Habits Camp provides opportunities for children to build self-esteem, gain independence, and establish social connections with other children and staff who live with the condition. At Healthy Habits Camp, children share the experience of being part of a team, while learning and having fun in a safe, exciting, and supportive environment.



Program

Campers participate and choose from activities including team sports, hiking, arts and crafts, canoeing, a low and high ropes confidence course, camp Olympics, swimming, yoga, and drama. Support groups and educational programs promote knowledge, skill development and social connections. At Healthy Habits Camp, children and teens gain a better understanding of their condition, strengths, and self-worth.

Staff

The staff of Healthy Habits Camp includes a pediatrician, social worker and physical therapist, nurse and psychologist from Children's National Medical Center, in addition to trained counselors carefully selected for their genuine interest in children and teens. Many counselors are college students and professionals who are dealing with obesity issues. Campers benefit from their experience, knowledge and understanding.



Registration Information

For only \$550 per camper, children experience five days and four nights of an overnight camp filled with adventure, laughter and friendships. The camp villages offer air conditioned cabins with comfortable beds and separate bath houses that encourage a real camping experience. Payment plans and a limited number of scholarships are available to eligible campers. Healthy Habits Camp will make a strong effort to accommodate any child with obesity who wants to attend. Please complete the registration form on the reverse side and send it with your non-refundable registration fee. You will receive an application package in the mail. Submit the form to Healthy Habits Camp of Brainy Camps, Children's National Medical Center.



Cost

The cost is \$550 per camper, which includes the \$100 non-refundable deposit. For further information, please call Sandy Cushner-Weinstein, Director, Brainy Camps, Children's National Medical Center at:

(202) 476-3181 or 5142

Fax: 301-365-4427 or 202-476-2676