



4-H Health Rocks & More Day Camp!!



JULY 6 - July 17 (We do not meet July 11 or 12)

Hiwassee Valley Pool & Wellness Center

This camp will be fun for the whole family! We will be working on nutrition, wellness, physical activity, life skills, arts, crafts, sewing, gardening and so much more. Each week we will have an extended lesson for the families on budget friendly meals, healthy bagged lunches, nutrition on a dime, and how can families be fit and well together. *This camp will be similar to the Fit for Fun but will have different activities for youth to do so if they choose to repeat the camp it will not be the same.*



DATE: JULY 6 - July 17 (We do not meet July 11 or 12)

TIME: 8:00AM-5:00PM

TOTAL COST: \$70.00 (\$7.00 a day)

LIMIT: 10

AGES: 6-15

LOCATION: Drop off and pick up at the Wellness Center

INSTRUCTORS: Shannon Coleman, Teresa Wiley and Volunteers



****Wear comfortable clothing and close toed walking shoes. Lunch and snacks will be provided. Please note any special dietary needs on registration form.**

REGISTRATION DEADLINE FOR EVENT: JUNE 12, 2009

North Carolina State University and North Carolina A&T University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University and North Carolina A&T University U.S. Department of Agriculture, and local governments cooperating.