

# Steps to Success Middle School Health & Wellness Summer Camp

Registration is now open for our Steps to Success Middle School Health & Wellness Summer Camp.

This new camp is free. Lake Worth West Resident Planning Group will be providing lunch, snacks, and educational and fun fieldtrips. There is a \$50 per child registration fee.

With a theme of health and wellness, the camp will run for eight weeks from June 11 to August 10.

Each child must attend all eight weeks. In addition, he or she must have completed 5<sup>th</sup> grade, and be going to middle school beginning in August until 8<sup>th</sup> grade.

To sign up, please print the registration form by [clicking here](#) and bring it to our office at 4730 Maine Street in Lake Worth.

## **The weekly themes are:**

Health Factors – June 11 – June 15

Mental and Emotional Health – June 18 – June 22

Healthy Eating Habits – June 25 – July 6

Nutrients Your Body Needs – July 9 – July 13

Managing Your Weight – July 16 – July 20

Body image & Eating Disorder – July 23 – July 27

Managing Stress – July 30 – August 3

Create an Eating & Exercise Plan – August 6 – August 10