

CAMP 5210

Where healthy eating and exercise habits start
JUNE 22 TO 26, 2019



Camp 5210 is a great opportunity for kids to make new friends and learn new skills to stay active and healthy. This year's camp is June 22 to 26 at One Heartland Center in Willow River, MN.

HEALTHY GOALS

Camp 5210 was created for kids (ages 7 to 17) struggling to achieve a healthy weight. We focus on lifestyle changes and preventing chronic disease. This includes type 2 diabetes, cardiovascular disease and orthopedic problems. Camp curriculum was developed by Park Nicollet and HealthPartners.

WHY CHOOSE CAMP 5210?

- It's fun – we make it easy to be healthy
- It's affordable – the cost is determined by family income
- It's easy to get to – 90 minutes north of the Twin Cities
- There's free transportation – or parents can drop kids off at camp

WHAT'S INCLUDED?

Camp activities are focused on healthy lifestyles and changing behaviors. Kids pick from traditional camp activities and set weekly goals. Fishing, swimming, drama and a climbing tower are all included. There's even hands-on cooking.

SIGN UP TODAY

Register at oneheartland.org or call **218-372-3988** to speak with the registration and travel manager. If you have questions if camp is right for your child, please talk with your doctor or pediatrician.

