

A Comprehensive Healthy-Lifestyle Day Camp June 11th–July 19th



Changing Directions, Changing Lives!



Exercise



Nutrition Education



Hiking



Professional Guidance



Swimming



Self-Esteem

"Helping Kids and Families get Fit and stay Fit."

Join us at the **Forever-Fit Summer Camp** for an action-packed, fun-filled camp experience.
See what a difference a summer can make!

Forever-Fit Summer Camp embraces a holistic approach to losing weight and feeling great. And it works!
Our expert team equips kids (and their families) with the skills they need to get healthy and stay healthy.

Space is limited — now enrolling!

CAMP ACTIVITIES INCLUDE:

Swimming	Biking	Hiking	Field Trips
Basketball	Tennis	Crafts	Gardening
Cooking	Dancing	Track	Nutrition

and so much more!



2525 West 44th Street • Indianapolis, IN 46228

Who: Boys and Girls, Ages 8-12*

What: Forever-Fit Summer Day Camp

When: June 11th – July 19th

Time: 8:30 am - 4:30 pm (drop off begins at 7:30 am, pick up lasts until 5:30 pm for working caregivers)

Cost: \$100/wk - Includes all meals and activities for 6 weeks (some financial assistance available)

Contact: Amanda McDowell **(317) 634-1100 ex.233** or a.mcdowell@satevepost.org

* Eligibility: Youth rank in the 85th percentile or greater for height/weight.

VISIT US AT FOREVERFITCAMP.ORG

American Foundation for Preventive Medicine (AFPM), a nonprofit charitable organization