

# Kid's Camp — Sign up Now!

Bē<sup>®</sup> fit

Bē<sup>®</sup> inspired

Bē<sup>®</sup> healthy

BēHealth is offering a very unique, fun, and engaging holiday camp experience.



The aim of our daily activities is to help children, ages 5-12, gain a better understanding of health and wellbeing through group Fitness, Mindfulness and Nutrition FUN. Children will participate in Children's Yoga, Mindfulness Activities & Trail walks, and other holiday related activities, including a nutritional section in preparation

of an afternoon snack. The camps will be staffed by Dietitians, Certified Fitness Trainers and Health Educators.

The cost is \$35 per day/per child. Drop off starts at 8:30 a.m.

**Please check your email after registration for a link to important paperwork that must be filled out to complete registration.**



**UPCOMING CAMP DATES: November 11th  
November 25th - 26th | December 18th -20th**



Additional Camp & Event dates can be found on our fitness calendar: [www.sjchs.org/behealth-fitness](http://www.sjchs.org/behealth-fitness)



Register through the BēHealth App: [www.sjchs.org/be-health-app](http://www.sjchs.org/be-health-app)

**If you have questions or need assistance signing up, please email [behealth@sjchs.org](mailto:behealth@sjchs.org).**

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HEALTH & WELL-BEING  
AT RICHMOND HILL



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