

Registration
Camp Healthy Habits 2012
August 14 - 17
Register online: www.brainycamps.com

Child's Name _____
Date of Birth _____
Parent's Name _____
Address _____

Phone (h) _____
(c) _____ (w) _____
E-Mail _____

Registration Fees: Payable to Brainy Camp TS

___ \$150 non-refundable deposit by June 1

___ \$350 registration balance due June 15

___ I am interested in being a counselor in training, CIT

Scholarships:

___ Please send me a scholarship application

Donations: ___ I want to make a tax-deductible
donation to the Brainy Camps Association

\$ _____ to sponsor a child

\$ _____ to grow the camps

T-shirts:

Please circle your size

Children S M L

Adult S M L XL 2XL

Mail to: Sandra Cushner Weinstein
Brainy Camps of Children's National
111 Michigan Avenue NW,
Washington DC 20010-2970



Brainy Camps
Association

Brainy Camps Association of Children's National Medical Center
111 Michigan Avenue, NW
Washington, D.C. 20010 - 2970

Camp Healthy Habits

For Children and Teens with
Childhood Obesity



**August 14 - 17
2012**

Brainy Camps
Association



Camp Healthy Habits

Camp Healthy Habits, located in Massanetta Springs, VA, offers children and teens with childhood obesity (ages 8-16) four days and three nights of summer fun and social connections. Camp Healthy Habits is sponsored by Brainy Camps of Children's National Medical Center. Our camp provides opportunities for children to gain confidence and build self-esteem. The campers learn about their condition from experts in the field and become effective partners in the management of their care. At Camp Healthy Habits, campers share the experience of being part of a team, while learning and having fun in a safe and supportive environment.



Program

Campers choose from activities including team sports, hiking, arts and crafts, yoga, pottery, ropes and challenge courses, canoeing, gardening, camp Olympics, swimming, archery, and sleeping under the stars in tents. Support groups and educational programs promote knowledge, skill development, and lasting friendships. Through leadership training, many campers gain the skills to become counselors and self advocates, serving as role models in our camp and their home communities.

Staff

To ensure our campers' health and safety, the camp is staffed 24 hours a day by medical professionals including physicians, nurses, social workers, physical therapists, and psychologists from CNMC, and trained counselors carefully selected for their genuine interest in children and teens. Campers benefit from their experience, knowledge and understanding.



Camp Healthy Habits

Registration Information

At Camp Healthy Habits, children experience a condition specific residential camp filled with adventure and friendships. The air conditioned cabins rest in village communities that offer an ideal setting for social activities, peer discussions, and loads of fun.

Payment plans and need based scholarships are available for eligible campers. Apply early to ensure your child's enrollment.

To complete the online registration, go to: www.brainycamps.com or fill out the form on the reverse side and send it with your non-refundable registration fee. Online registration is strongly recommended. Once your registration form is processed, you will receive the enrollment packet including the health application and releases. All forms are required before your child's registration is complete.

Cost / Contacts

Cost: \$500 per camper includes the \$150 non-refundable deposit

Contacts: Sandra Cushner Weinstein, Director, 202- 476-5142, scushwei@cnmc.org

Susan Mehlman, Assistant Director, 202- 476-3181, smehlman@cnmc.org

Fax: 301-365-4427 or 202-476-2676