



*A Consortium of Residential Camps and Services for Children with Chronic Health Conditions*  
**Have Fun—Be Wise—Live Well**

## Camp Take Charge

**For Children, Adolescents and Teen with Type 1 Diabetes**

**August 2 – 7, 2020**



- Camp Take Charge is a 6-day/5-night camp for 8 – 17-year-olds diagnosed with T1D
- Leadership training program is offered for counselors-in-training, ages 16-17
- Campers learn about diabetes from medical experts who provide full time medical supervision at camp
- Support groups address issues particular to children with diabetes and those relevant to all children
- Campers learn to regulate their food intake, exercise, and insulin as it relates to their diabetes
- A support network of peers who share the condition is created
- Campers participate in a wide range of fun and challenging activities:

Arts & crafts

Campfire/Campfire songs

Hiking

Rockwall

Archery

Outdoor education

Acting

Zip Line

Soccer

Creative Writing

Basketball

Dance

Kickball

Handball

Volleyball

Baseball

Music

Yoga

- The cost of camp is \$980 which includes a \$200 non-refundable deposit
- Need-based scholarships are available and payment plans can be arranged.
- The campsite is located at Blue Ridge School in St. George, VA
- Transportation is available at an additional cost

**For more information, please call us at 202.476.3181 or 202.476.5142**

**To register online, go to our website: [www.brainycamps.com](http://www.brainycamps.com)**



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