

Kid's Camp — Sign up Now!

Bē[®] fit

Bē[®] inspired

Bē[®] 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, Generation POUND, 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 10th, 20th - 21st
December 20th - 21st | December 26th - 28th



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



Register through the BēHealth App: www.sjchs.org/be-health-app

If you have questions or need assistance signing up, please email behealth@sjchs.org.

Bē[®]

HEALTH & WELL-BEING
AT RICHMOND HILL



inspired by

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