

FRIDAY, JANUARY 3RD, 2025

MIND, BODY & WELLNESS

CAMP



FENG SHUI YOUR WAY TO THE GYM TODAY AND RAISE YOUR MIND, BODY, AND SPIRIT AT THIS PEACEFUL DAY CAMP. CAMPERS WILL PARTICIPATE IN MEDIATION, GAMES OF MINDFULNESS, AND TOUCH ON CERTAIN TOPICS LIKE MENTAL WELLNESS, NUTRITION, AND SELF-WORTH. THIS CAMP ALSO INCLUDES ALL THE SPECIAL ACTIVITIES YOU'VE COME TO EXPECT LIKE OPEN GYM, CRAFT-TIME, SNACK-TIME, AND MOVIE TIME.