Healthy 2 B Me Summer Camp for Kids

Date:
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The University of Arizona Mel & Enid Zuckerman College of Public Health will offer a series of weeklong summer camps for children during the months of June and July. The Healthy 2 B Me Wellness Camp [1] is designed for kids ages 7-10 and grades 2-5. Activities are designed to teach wellness, including nutrition, cooking, swimming and dance.

Healthy 2 B Me is located at the University of Arizona Student Recreation Center (1400 E. 6th Street) in Tucson. Camp hours are 9 a.m. to 3 p.m. during the weeks of June 3-7; June 24-28; and July 15-19.

Campers will learn about wellness through many fun interactive activities that will include nutrition, cooking, physical activities such as yoga, zumba, dance, and swimming, and top experts from the College of Public Health, the Canyon Ranch Center for Prevention & Health Promotion [2], and the Tucson Community will teach sun safety, dental health, hygiene, community and team building experiences.

The idea to start a wellness camp for children that is based on public health principles was a mission for Dr. Iman Hakim, dean and professor of the UA Zuckerman College of Public Health.

"The camp is designed to teach kids at an early age the importance of proper nutrition and physical activity while having fun at the same time. My hope is that the children will learn skills that will last a lifetime. Like how to cook and to identify tasty vegetables, and how to keep good oral hygiene. Maybe the children will pass along these good habits to their children someday. Instilling healthy lifestyle practices at an early age is one more approach towards fighting childhood obesity."

Sign your child up now for one of the three sessions offered throughout the summer. The cost is $345 per student including a healthy lunch from the Food Conspiracy Co-op.

For more information and to register [1] for the camp, please contact Sabrina Plattner, M.Ed. at 520-906-8622, plattner@email.arizona.edu [3]

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