

Healthy Kids: **foods & Moves** Kids Summer Camp

Foods & Moves offers a summer program each year. It is a **three full day program of nutrition** education and games with a registered/licensed dietitian nutritionist. There are two sessions of physical activity daily with trainers from the Cornerstone Fitness & Spa, as well as self-esteem building. Healthy cooking classes are included and the children assist in the preparation of meals and snacks. Nutritious lunch, snacks and beverages are provided daily. There is a required parent meeting prior to camp.

For more information and pricing, please call Kristin Morrow, RD, LDN, CDE, 215-918-5702