

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 gain a better understanding of health & wellbeing through group Fitness, Mindfulness & Nutrition FUN. Children will participate in Kid's Yoga, Mindfulness Activities & Trail walks, Kid's POUND, & other holiday themed activities, including a nutritional activity & snack. The camps will be staffed by Dietitians, certified fitness trainers & Health Educators.

For more information regarding camp dates and registration, please see below.

Upcoming Camp Dates: March 16th & 17th



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

St. Joseph's Candler