

YOU CAN STILL SIGN UP!

Feel free to contact us to sign up, or with any questions.

Phone: [301-279-6750](tel:301-279-6750)

Email: nutrition@potomacpediatrics.com

Website: www.potomacpediatrics.com/seminars-classes

A FUN-FILLED WEEK OF HEALTHY HABITS!

Join us for a week of cooking and fitness fun with Registered Dietitian, Jane Henley and Certified Health Coach, Allison Kunk.

DETAILS

August 20-24, 2018
10-12:30pm

Potomac Pediatrics Kitchen
15204 Omega Drive, Suite 100
Rockville, MD, 20850

Ages: 8-12

Cost: \$250

Max: 12 campers

Come ready to cook and exercise! Wear closed toed shoes and tie back long hair. **Please notify us of any food allergies.**

COOKING

COOK 'N KICK CAMP

EXERCISE

August 20 - 24, 2018

JOIN US

Your 8-12 year old will come home at the end of the week with better knowledge of the importance of health and fitness.

COOK

Master new skills with friends as you learn to prepare two weeks of school lunches, while exploring new foods and nutrition concepts.

KICK

Learn about the importance of fitness through play.

COOK

COOK WITH JANE HENLEY

WHAT SORT OF COOKING SKILLS WILL MY KID LEARN?

Our Registered Dietitian, Jane Henley, will cover fundamentals such as basic knife skills, reading recipes, and the importance of kitchen safety, while exploring new foods and introducing nutrition concepts to your children.

Each child will enjoy a generous sample of every delectable dish and leave with new friends, new skills, and **two weeks worth of new lunch recipes!**

KICK

EXERCISE WITH ALLISON KUNK

Our certified Health Coach, Allison Kunk, will get your child moving in a 45 minute exercise routine daily while teaching the importance of fitness and the qualities of a good workout. Your child will gain a new understanding for the importance of living a healthy lifestyle and leave with a variety of **fun workouts to practice at home.**

FITNESS IS CRUCIAL IN ANY HEALTHY LIFESTYLE