



Léyana, age 11

I loved everything about camp equally. One interesting thing I learned is that there is such a thing as “good” fat.



Mandy, age ?

My favorite part of camp was the games. I also liked learning how to make healthy recipes.



Allison, age 9

My favorite parts of camp were the recipes and the games.



Roya, age 10

My favorite parts of camp were the meditation and mindfulness exercises and the games. One thing I learned that I'll remember is that you're supposed to eat 25 grams of fiber per day.