

Fit As A Firefighter

SUMMER CAMP



JUNE
2-6

M-Th 8am-3pm | Fri 8am-12pm

Slidell Memorial Hospital, Ochsner and St. Tammany Parish Fire Protection District 1, team up with a host of community groups to offer a summer nutrition and fitness program open to all children ages 7 - 12. The Fit As A Firefighter Camp offers fun activities to teach children the importance of embracing a healthy, active lifestyle. Camp meets at St. Tammany Fire District 1 Training Academy/Camp Villere in Slidell.



Program Partners

Blue Bell Creamery
Fireman's Federal Credit Union
Louisiana Wildlife & Fisheries
New Orleans Saints
Slidell Police Dept.
St. Tammany Communications District 1
St. Tammany Parish Sheriff's Office

Register at SMH Community Outreach Center
501 Robert Boulevard, 2nd Floor

April 8 & April 22 • 8am - 6pm

Or by appointment, please call (985) 280-8529

Registration Packets available at SMH Information Desk, SMH Community Outreach Center, and online at smh-foundation@ochsner.org.

Camp fee: \$150, \$125 for each additional child.

After May 15, registration by appointment only: \$165. Registration ends May 31.

ACTIVITIES!

Daily Nutrition

First Aid

NOLA Pelican's Training Camp

Water Day
Stress Management

Fitness Classes

Self-Esteem

Firefighter Games

Law Enforcement Demonstrations

Healthy Snack Class

N.O. Saints Jr. Training Camp

Water Safety

Smokehouse

Fire Truck & Ambulance Tours

Robotics

And more!

SMH
Foundation™

 **Smile Doctors**
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