



News Release

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Wolfson Children's Hospital to Hold Camp for Children and Adolescents Struggling with Weight and Body Image Issues

Jacksonville, Florida, April 26, 2006 – This summer, the Wolfson Children's Hospital Behavioral Health Department will hold a one-week, intensive, experiential camp called "A Weigh to Health," for children and adolescents struggling with weight and body image issues.

The day camp, which runs from 9 a.m. to 5 p.m., is focused on introducing children to the key components of a healthy lifestyle, including balanced nutrition, moderate physical activity, healthy coping skills, and a sense of self worth. During the week, the program will expose participants to a variety of physical fitness activities, from which they can develop a personal fitness plan that not only promotes good health, but that they enjoy.

There will be a strong emphasis on educating participants about proper nutrition and becoming mindful eaters and wise consumers, given today's marketing push toward indulgence and excess. Participants will also learn coping skills and principles of nutrition that reduce emotional eating and overeating. Finally, there will be groups and activities focused on improving body image and raising self-esteem.

The camps will be held as following:

Ages 8-11

June 12-16, 2006

9 a.m. – 5 p.m.

Baptist Medical Center Downtown, Pavilion, Fifth Floor, Classroom 1

Ages 12-14

June 19-23, 2006

9 a.m. – 5 p.m.

Baptist Medical Center Downtown, Pavilion, Fifth Floor, Classroom 1

Ages 15-17

July 10-14

9 a.m. – 5 p.m.

Baptist Medical Center Downtown, Pavilion, Fifth Floor, Classroom 1

The registration fee is \$75 (nonrefundable and due at the time of registration). The camp fee is \$125 (due first day of camp).

To register, contact Randy Danielson, program coordinator, at 202-4959. For more information, contact Camp Director Lynn Horning, RD, at 202-4959.

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Baptist Health is a faith-based, mission-driven system comprised of Baptist Medical Center Downtown, Baptist Heart Hospital, Baptist Medical Center Beaches, Baptist Medical Center Nassau; Baptist Medical Center South and Wolfson Children's Hospital - Jacksonville's only children's hospital. Baptist Health also includes cardiology and cardiovascular surgery services, a comprehensive cancer center, orthopaedic institute, women's resource center, a full range of psychology and psychiatry services, outpatient facilities and a network of primary care physicians' offices throughout Northeast Florida. Baptist Health is the official healthcare provider for the Jacksonville Jaguars.

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