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Using This Curriculum

This curriculum was designed to:

* Provide summer health education in youth ages 7-11 years.
* Promote wellness through a wide range of activities, including healthy cooking, swimming, and dance.

Included within:

* Camp goals and objectives
* Recruitment strategies
* A broad overview of the week, formatted as a weekly schedule
* Detailed lesson plans for each unit topic
* Evaluation materials
* Resources on guest speakers, sponsors/partners, and donations

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**Healthy to be who?**

**Healthy to be me!**

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