

Hard. Eat well. Work  
ell. Work hard. Eat  
hard. Eat well. Work

# Fitness, Food & Fun

Work Hard, Eat Well is **completely free of charge** and will provide youth ages 6 - 13 the opportunity to work with a personal trainer, eat a healthy meal and experience a variety of camp activities. The meal will include a recipe card and examples of how to create the same meal at low cost.

Our qualified and eager staff are ready to engage your kids in a safe and fun camp this summer.

**Where:**

Rideau Heights Community Centre

**When:**

First week starts July 5  
Monday - Friday  
7 weeks available  
Register by the week

**Time:**

9 am - 4 pm  
Age: 6 - 13 years

**Cost:**

**FREE**

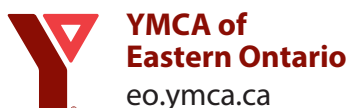
**What to bring:**

- Comfy attire
- Running shoes
- Hat & sunscreen
- Water bottle
- Nut free snacks
- An appetite (lunch is provided)

**TO REGISTER**

Contact Brittiney Poffley  
brittiney.poffley@eo.ymca.ca  
613-546-2647 ext. 248

*first-come first-served*



The Estate  
of Larry Gibson

Work Hard, Eat Well - North End  
Camp is fully funded by Kinsmen  
and the Estate of Larry Gibson



A. Britton  
Smith



**LiUNA!**  
LOCAL 183  
Feel the Power

