

**One Bite at a Time Cost: \$200**

**Week 5: July 6-July 10**

**Entering Grades: 5 6 7 8**

**9:00 a.m.-12:00 p.m. Instructor: Jason DiGioia**

**Nutrition. Exercise. Mindfulness. These are the three pillars of One Bite at a Time. This weeklong, half-day camp is for students who want to explore how eating good food, staying active, and being positive can be your superpowers. Expect to play daily food and nutrition games, eat nutritious snacks, watch jaw-dropping videos, take a field trip, and win fun prizes along the way. You will also be burning off energy around the beautiful CA campus. Finally, you will create your own personalized wellness plan to take with you when camp is over.**