

build confidence
patience
self-esteem



Exercise and Energize Body, Mind and Spirit Through Movement, Art and Positive Psychology

While immersed in a fun, active environment, campers will take part in a variety of activities designed to teach important life skills such as confidence, patience, self-control and how to make healthy choices.

Professionals will lead fun activities that exercise and energize the mind, body and spirit. Campers will take part in movement, art, music and positive psychology exercises to build confidence, self-awareness and focus.

Camp lessons are designed to help children learn to concentrate. Physical exercises such as Tae Kwon Do and yoga will help kids build cardiovascular stamina, strength and flexibility.

If that's not enough... **Fun is Guaranteed!**

"The camp was just one week, but it had such a lasting impact on my son. He came out more confident and happy. Every school should follow the guidance of Insight Wellness in how they teach, inspire and love the kids. Michelle has an amazing gift and talent with kids. She helped Matthew work on his strengths and challenges from day one." – Maribeth Morrissey



CAMP STAFF

Director: Michelle Martin, Ed.S.,
Licensed School Psychologist & Director of Insight Center

Full staff of highly experienced and credentialed professionals

Directed by School Psychologist Michelle Martin, campers are led by a team of experienced professionals who will guide campers through a range of activities designed to be fun while building character and self-esteem.



The Camp Insight staff includes licensed School Psychologists and Counselors, Teachers, Artists, Holistic Health & Nutrition Practitioners, Yoga Instructors, Tae Kwon Do and Reiki Practitioners.

Good Fun & Good Health

Campers will create lots of art and music, as well as take part in yoga, challenging games, Tae Kwon Do, and positive self-esteem exercises to build confidence and reduce stress. Camp lessons are designed to help children learn concentration and problem-solving skills to improve school performance as well.



Emery Place, Suite 112 • 25901 Emery Road., Cleveland, OH 44122
At Richmond/Emery, 2 exits south of Chagrin Blvd. off 271

To register call: 216-765-4470
www.insight-wellness.com

Camp Insight

Wellness Adventure for Kids



Exercise, Energize & Have Fun!

Holistic Summer Day Camps

for ages 5-13



June 11 - 22 & August 6 - 17, 2012
9:00 a.m. - 3:00 p.m.

exercise ★ energize ★ have fun! ★



Positive Activities

Camp Insight features activities with a focus on wellness, inside and out.

- ★ Art & Music
- ★ Tae Kwon Do
- ★ Yoga
- ★ Nature walks/gardening
- ★ Healthy snack-making
- ★ Fun, educational games
- ★ Kid stress busters
- ★ Mindfulness/Meditation
- ★ Reiki



learn



"This doesn't feel like a camp, it was much more fun, like an adventure."
 "I loved the cooking and art and got to do it the way I wanted to.
 Every day was better and better!"

- Matthew, age 8

be creative ★

Camp Benefits

- ★ Concentration and Focus
- ★ Respect for Self & Others
- ★ Patience & Calmness
- ★ Manners & Social Skills
- ★ Build Self-Esteem & Anti-Bullying
- ★ HEALTHY HABITS!

Camp Dates

1ST SESSION
JUNE 11-22
 Weekdays 9am-3pm
 Ages 5-13

2ND SESSION
AUGUST 6-17
 Weekdays 9am-3pm
 Ages 5-13

Camp Fees:

SESSION FEE: \$595

*Includes \$50 non-refundable deposit due with registration.
Balance due June 1, 2012*

Minimum enrollment: 10 - Maximum enrollment: 20
10% Discount on Early Registration!

If paid in full by May 1, 2012

Call: 216-765-4470

Registration form online:
www.insight-wellness.com

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