

build confidence
patience
self-esteem



Exercise and Energize Body, Mind & 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. While many summer camps are led by young counselors, at Camp Insight, your child will be working with a carefully selected group of licensed and experienced colleagues who are among the best in their fields.

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 to improve school performance as well. Fun 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 a 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 Qi Gong Instructors 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



Holistic Summer Camps
for Ages 6 -12

Where kids have fun, build confidence and strengthen mind & body



June 13 - July 1 & August 1-19, 2011
9:00 a.m. - 3:00 p.m.

exercise ★ energize ★ have fun! ★



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 Morrissey, age 8.

be creative ★

Camp Benefits

- ★ Strengthen mind & body
- ★ Build concentration & creativity
- ★ Improve social skills, manners
- ★ Increase patience & calmness
- ★ Build self-esteem
- ★ Develop healthy habits for life!

Camp Insight Dates:

1ST SESSION	2ND SESSION
JUNE	AUGUST
June 13-24: Ages 6-9 June 27-July 1: Ages 10-12	Aug 1-12: Ages 6-9 Aug 15-19: Ages 10-12

Camp Fees:

One Week: \$295 by March 31 (\$325 after)
Two Weeks: \$535 by March 31 (\$595 after)
 Includes \$50 non-refundable deposit due with registration.
 Balance for June camp due 6/1/2011.
 Balance for August camp due 7/15/2011.

Register by March 31 for Discount!

Call: 216-765-4470

Registration form online:
www.insight-wellness.com

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