

LEARN TO LIVE HEALTHY



Day Camp

YMCA OF SILICON VALLEY



FREE



Learn to Live Healthy Day Camp is for children and teenagers ages 5-15 with risk factors for developing type 2 diabetes, but not formally diagnosed with type 2 diabetes.

Priority will be given to children who meet one or more of the listed criteria:

- Overweight with BMI percentile \geq 80-85%
- Family history of type 2 diabetes
- First degree relative with type 2 diabetes (parent or sibling)
- Ethnic background at a higher risk for type 2 diabetes (i.e. African Americans, Hispanics, and Native Americans)

For more information or to register please contact us at 408-351-6473 or email us at YCamp@ymcasv.org

LOCATIONS

P.A. Walsh Elementary
353 W. Main St.
Morgan Hill 95037

Dates Jun 17–21, 2019
Time 8:00a – 5:00p

Hoover Middle School
1635 Park Ave.
San Jose 95126

Dates Jul 15–19, 2019
Time 8:00a – 5:00p

Gilroy Prep
277 IOOF Ave.
Gilroy 95020

Dates Jun 24–28, 2019
Time 8:00a – 2:30p

Lakewood Elementary
750 Lakechime Dr.
Sunnyvale 94089

Dates Jul 29–Aug 2
Time 8:00a – 6:00p

**East Valley
Family YMCA**
1975 S. White Rd.
San Jose 95148

Dates Jul 8–12, 2019
Time 8:00a – 5:00p

Funded by:



**Santa Clara Family
Health Plan™**