



Orlando Health Arnold Palmer Hospital for Children Healthy Lifestyles Program



The Healthy Lifestyles Program at Orlando Health Arnold Palmer Hospital for Children is happy to partner with Camp Boggy Creek to offer **FREE Virtual Programming** on select Saturday's in **July**, to promote interactive Healthy Lifestyle workshops supported by the Sprouts Healthy Communities Foundation.

Venue: From the comfort of your home on **Zoom**

Date/Time: Saturday mornings in July (10, 17, 24, & 31) from 9:00 am to 10:00 am



We will cover topics on nutrition, adaptive fitness, mental health and implementing a healthy lifestyle during a pandemic in a fun, interactive and family friendly way!

Enrollment is on a first come-first served basis. All registered participants will receive **gift boxes** with various items to promote a healthy lifestyle.

Boggy Creek will also provide a special gift for registered participants that attend all 4 sessions.

Deadline to register is July 2, 2021

Please click [HERE](#) to register for event or email Susan Lee at Slee@campboggycreek.org for more information or registration details. Participants will receive instructions for joining via Zoom and receiving their gift box.

