

## Discovery day camp - Approach 180

To fight childhood obesity, pediatrician Julie St-Pierre created the Réseau d'action en santé cardiovasculaire (RASC) in 2014, whose mission is to combat the high prevalence of obesity and its cardiovascular complications among children and their families, by developing concrete solutions to childhood obesity issues, notably by deploying Approach 180 in Quebec.

Since summer 2020, the Approche 180 Discovery Program has been deployed to offer youngsters a day-camp-style week, including lunch and snacks, and featuring fun interventions by health professionals from the Maison de Santé Prévention (MSP) aimed at acquiring healthy lifestyle habits through fun and discovery.

The Discovery program is aimed at young people **aged 8 to 12** attending the MSP who want to enjoy a discovery experience, while promoting healthy lifestyle habits during the summer. The camp takes place over a 6-week period at the Maison de Santé Prévention, which welcomes only **1 group of 6 to 8 children at a time**.

Thanks to RASC, the camp is **offered free of charge** to children attending the MSP. To enable as many young people as possible to take part in this unique experience, we are offering **1 week of camp per child**.

**Snacks and meals will be provided** and prepared on site by the youngsters under the supervision of our nutritionist and a food manager.

The camp will take place at the MSP located at **513 Boulevard Saint-Joseph Est**. Campers will be looked after by two day camp instructors **between 8:00 a.m. and 4:00 p.m.** Unfortunately, we are unable to offer daycare services. Please ensure that arrival and departure times can be respected.

During the week of camp, youngsters will take part in a variety of activities designed to help them acquire healthy lifestyle habits and planned in collaboration with MSP professionals. The activities offered during the summer may vary according to the week of camp and the weather outside.

Here are a few examples of the activities on the program this summer:

- Culinary activities: children can help prepare their daily snacks and lunches.
- Bicycle excursions and learning basic safety rules
- Daily outings to the park and pool (weather permitting)
- Exploration of the local library

- Self-esteem activities
- Planned excursions: excursions activities may vary from week to week; details will be provided shortly before the start of day camp.

The **weeks available** for summer 2024 are:

- July 8 to 12, 2024
- July 15 to 19, 2024
- July 22 to 26, 2024
- July 29 to August 2, 2024
- August 5 to 9, 2024
- August 12 to 16, 2024

Registration will open on **March 18** and will continue as long as space remains available. Places are limited and priority will be given on a first-come, first-served basis.

If you have any questions, please do not hesitate to contact me.

**Clémence Forest, Inf. Bsc.**

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APPROCHE 180