

CAMP WABI

Camp Wabi is a partnership between YMCA Camp Manitou and Mayo Clinic Health System supporting youth who are overweight. In a positive environment, campers will be active, eat well and learn skills to live a healthy lifestyle.

Build Confidence
Enjoy Healthy Living
Develop Leadership
Embrace Friendship
Appreciate Nature
Have Fun



Top 10 reasons you should come to Camp Wabi:

- You can be yourself here.
- You and your family will learn about the power to change.
- You get to do all the fun activities as other Camp Manitou sessions, in addition to one healthy lesson each day.
- You can make friends, learn new games and stick together throughout the day.
- You will learn new skills, including sailing, crafts, archery, log rolling and more.
- You will get three nutritious, filling meals and two snacks a day.
- You can have fun participating in the Mud Hike.
- You can enjoy the best swimming in this area.
- You will fill your evenings with campfires, skit night, dancing and more.
- You will get together with campers and counselors at a camp reunion after camp is over to reconnect, learn new information and have fun.



**HEALTHY.
HAPPY.**
Camp Wabi 2019

Learn more: campwabi.org

CAMP WABI

August 4 – August 11

Price

The cost to run camp is more than \$800 but with the support of donors and Mayo Clinic Health System we are able to offer camp for less. We are able to provide three tier price options that you can select based on your personal situation. These do not require any additional paperwork.

- \$325

Tier C This option is for those who need a discounted rate but may not qualify for financial assistance.
- \$500

Tier B This price is for families who need to adjust down slightly from the true cost.
- \$675

Tier A This price most accurately reflects the cost of camp, taking into account basic upkeep, depreciation, and facility/program improvements.

Financial Assistance
We offer further support for those who are unable to pay at the tier levels. This support is awarded based on household income and number of people in a household.

Qualification

Camp Wabi is for campers entering grades six through ten who are overweight. Campers typically meet the BMI level of obese. However, if you or your child’s physician are worried about your child’s weight, please contact us to see if it is an appropriate fit.

Register Online

Registration, paperwork and payment is all online! All of the information you need to make a reservation and the link to begin can be found at campwabi.org. Each reservation will require a \$50 non-refundable deposit to secure your spot.

Questions

For more info about how your child can benefit from Camp Wabi, please contact:
Joni Gilles at Mayo Clinic Health System: 715.838.1447
Brian Moore at YMCA Camp Manitou: 715.839.4607

CAMPWABI.ORG



Cabin Life

Campers often rate the cabin experience as the most meaningful part of their week. Two counselors stay in each cabin with eight campers. Cabin groups stick together through much of the day, including meals, rest hour and many evening activities. Cabin time is a great opportunity to play cards, tell stories and make friends.

Daily Education

Each day includes a fun, interactive lesson provided by Mayo Clinic Health System staff. Specialists provide interesting and relevant lessons on topics covering nutrition, fitness and being the best version of yourself.

Meals

Campers will eat three meals and two snacks a day. Our menu features a wide variety of nutritious kid-friendly foods. We focus on teaching reasonable portion sizes.

Flexible Time

Twice a day, campers can choose to go swimming, canoeing, kayaking, paddle boating, or play organized games in the athletic field. This is a great opportunity for campers to spend time together with new friends from their cabin, as well as other cabins.

Afternoon Activities

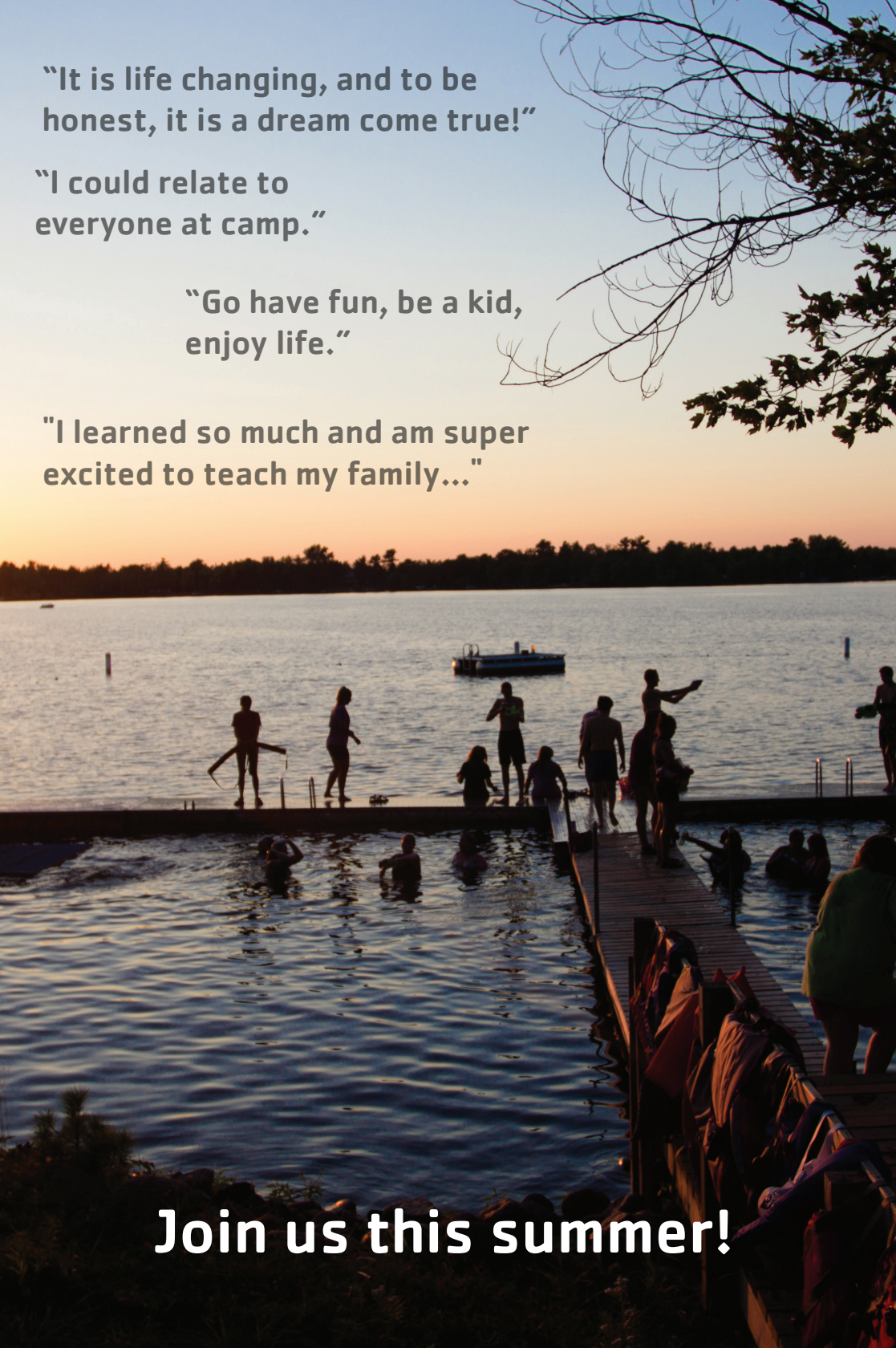
Cabins come together after rest hour each day for an all-camp activity. This includes campwide games such as Capture the Flag, Hatfields and McCoys, Wells Fargo and other activities like our water carnival.

Evening Activities

Often the highlight of the day, the whole camp comes together for a campfire, skit night, dance, or Friendship Fire. The dance is a high-energy affair, and campers are encouraged to wear goofy clothes. Cabin groups will spend one evening doing their own special activity.

Hobbies

Each morning campers will have the opportunity to choose a hobby. In these sessions campers will develop a skill. Options include: archery, kayaking, dance, arts & crafts, sailing, fishing, basketball, ultimate frisbee, nature hike, orienteering, snorkeling, fire building, log rolling, soccer, and more!



“It is life changing, and to be honest, it is a dream come true!”

“I could relate to everyone at camp.”

“Go have fun, be a kid, enjoy life.”

"I learned so much and am super excited to teach my family..."

Join us this summer!