If your child loved OH-Wellness’s Summer Camp, then they will love this program. This program is 8-Weeks long and the purpose is to help young teens develop their mind, body, and spirit! The program welcomes Healthy Souls, Happy Families as well as Kathy Chraghchian, RD to educate our children on the importance of a healthy mind, healthy nutrition, as they are both important components for Optimal Health.

PROGRAM INCLUDES:
SOCIO-EMOTIONAL TRAINING, HEALTH & NUTRITION EDUCATION, FUNDAMENTAL FITNESS EDUCATION, BASKETBALL FUNDAMENTALS, COORDINATION, AGILITY, FLEXIBILITY DEVELOPMENT, AND FUN!
Classes taught by JESIKAfit, LLC and Narbeh Ebrahimian

TEENfitness (AGES 10 – 14)
October 28-December 18
OFF THANKSGIVING 11/27
TUESDAY & THURSDAY
5 – 6:15PM
Ararat’s North Campus / Fitness Room
$200 per person / 2X per week / 8-weeks

For more information or registration please call or text Jesika @ (818) 415-1712