

A NEW CAMP OPPORTUNITY FOR CHILDREN AND FAMILIES WITH TYPE 2 DIABETES.



For children and families living with
Type 2 Diabetes

July 9-15, 2011

Providing a safe, open, compassionate environment to children, youth and families facing social isolation. Join us for a fun week at camp this summer! Camp 5210, offered by One Heartland, is dedicated to serving children, youth and their families at-risk of or diagnosed with Type 2 Diabetes. The program focuses on educating children and their parents on ways of improving their health and managing their diabetes in a fun, family camp setting. The 5210 slogan: 5 fruits & veggies a day, 2 hours or less of screen time, 1 hour or more of activity and zero sweetened beverages. Camp 5210 is for the entire family to get healthy – all while having a lot of fun!



Contact Jill Rudolph, Camp Director at the
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