

**CAMP**  
**FOOD, FUN AND FITNESS**

“...your bodies are temples of the Holy Spirit... Therefore honor  
God with your bodies.” (1 Corinthians 6: 19-20)

**JUNE 7<sup>TH</sup> –JUNE 11<sup>TH</sup>**  
**9AM TO NOON**

**FIRST CHRISTIAN CHURCH**  
**4954 VALLEYDALE ROAD,**  
**BIRMINGHAM, ALABAMA, 35242**  
**www.fcc-bhm.org**  
**205-991-5000**

Obesity is growing in our society today and our children are at risk. Healthy nutrition and fitness are essential to good health. This can be as simple as “child’s play” so we invite you to join us at our Food, Fun and Fitness Camp where...

Your Child will:

- Customize an apron and cookbook
- Learn about healthy food choices/nutrition
- Learn about kitchen safety
- Prepare, cook and taste fun, nutritious foods taught by expert cooks of today and from the Bible
- Learn about fitness through healthy active play

**This camp is for children:**

- Who have completed 1<sup>st</sup> through the 5<sup>th</sup> grade
- Limited to 40 children

**Registration Information:**

- Cost is \$40.00 per child
- Registration deadline is, Tuesday, June 1, 2010
- Pick-up a registration form from the church office
- Or call 205-991-5000

**Special Promotional Discount:**

- Bring this flyer with you the first day and receive a \$5.00 discount per child

\*During camp a special offering of canned fruit, cereal and other nonperishable foods will be collected for our local food banks.

Food, Fun and Fitness  
Summer Camp Registration  
For grades 1-5<sup>th</sup> \*  
June 7-11  
9:00 am - 12:00 pm  
First Christian Church  
4954 Valleydale Rd. Birmingham, Al. 35242  
205-991-5000

Name: \_\_\_\_\_  
\_\_\_\_\_

Grade Completed\*: \_\_\_\_\_ Age: \_\_\_\_\_ Birth date: \_\_\_\_\_  
\_\_\_\_\_

Street Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
\_\_\_\_\_

Home#: \_\_\_\_\_ Cell#: \_\_\_\_\_ Work#: \_\_\_\_\_  
\_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

Person(s) to whom your child may be released to: \_\_\_\_\_  
\_\_\_\_\_

Allergies or other medical conditions: i.e. Food Allergies: \_\_\_\_\_  
\_\_\_\_\_

Home Church: \_\_\_\_\_  
\_\_\_\_\_

How did you find out about our camp? \_\_\_\_\_  
\_\_\_\_\_

Cost for event: \$40.00 per child. Church members \$20.00 per child. Please make checks payable to First Christian Church. Send check along with Registration form to 4954 Valleydale Rd. Birmingham, Al. 35242. Deadline for registration is June 1.

**\* Must have completed 1<sup>st</sup> grade and be able to read. Limited enrollment of 40 participants.**

**\* Please bring this form with you to receive a special promotional discount of \$5.00 per child.**