

JCYS and Nurture Continue Collaboration Emphasizing Healthy Lifestyles

By Kim Nguyen Wunderlich
April 19, 2012

Highland Park – April 19, 2012 – Jewish Council for Youth Services (JCYS) and Nurture, a local, grass roots non-profit organization join together for the second summer in a row to promote healthy lifestyles in the community. Children in the Highland Park and Highwood areas who attend District 112 summer school can enjoy the fun of summer camp at JCYS' Champ Camp. Campers partake in nutrition and physical activities. Other principles that are emphasized include: the development of confidence and self-esteem, teamwork skills, and an appreciation for athletics and sportsmanship.



The results speak for themselves. A poll of parents last fall found that 100% of the children want to attend Champ Camp again. 90% of parents said their children are playing more actively, are eating more nutritious foods, and are more interested in cooking.

Here is what some Champ Camp parents have to say. The biggest change I have seen in my child is he “socializes with ease and learned how to swim and cook.” “She was really shy and now she is more confident and talking with others.” “My child is eating better and enjoying it.” “My child participates in more sporting events.”

To learn more about Champ Camp view this video

<http://www.youtube.com/watch?v=LOJ2BnWAtYY&list=UUnwXhyMdOPVsIskGeyHntGA&index=5&feature=plcp>.

To register for Champ Camp visit <http://www.jcys.org/thelillianrec/grandslam.html>.

About Nurture

Nurture's mission is to empower family members of all ages (children, teens and adults) with the tools and resources needed to prepare healthy, delicious meals even when faced with limited time and budget. Nurture was founded in 2008 to address hunger, childhood obesity, wellness, and an increasingly unhealthy food chain. It focuses on low-income families with children at high risk for nutritional and health problems. To learn more about Nurture visit www.nurtureyourfamily.org.

About Jewish Council for Youth Services (JCYS)

Since 1907, JCYS has provided Chicago families with innovative programs that encourage learning, recreation, personal growth, and active leadership service. Annually, JCYS serves over 20,000 individuals of all races, ethnicities, and religions through many diverse programs. As an independent agency, JCYS generates its support through individual gifts, foundation and government grants, corporate donations, and special event fundraisers. For more information, visit www.jcys.org.