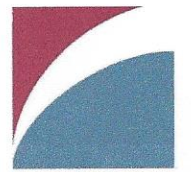




# OMK Winter Challenge Camp

Feb. 13th - 15th, 2015



Virginia  
Cooperative  
Extension

Virginia Tech  
Virginia State University  
[www.ext.vt.edu](http://www.ext.vt.edu)

Located at the Northern VA 4-H Center  
600 4-H Center Drive  
Front Royal, VA 22630  
(540) 635-7171

**Looking for opportunities to challenge yourself and build life skills?  
This camp is for you!**

Spend the weekend participating in hands-on activities geared towards healthy living and creativity. You will be challenged mentally and physically while coming together with your teammates. **This camp is open to Army National Guard and Army Reserve youth ages 9-13.**

Camp consists of:

- Hands-on activities
- Focus on healthy living
- Fitness education
- Brain teasing activities
- Teambuilding and games



Registration will include all meals and lodging. The camp will start at 7:00 PM on Friday, February 13<sup>th</sup> and will end Sunday, February 15<sup>th</sup> at 11:00AM.

Registration will open January 16<sup>th</sup>, and will be available online at: [www.nova4h.com](http://www.nova4h.com).

***Don't miss this fun camp! Space for only 25 campers!***

For more information contact Nancy Schaff: [nancys57@vt.edu](mailto:nancys57@vt.edu).