

SPRING YOUTH WELLNESS CAMP



EXCLUSIVELY FOR BRFN YOUTH
focusing on youth wellness and empowerment
in a supportive environment

The camp will feature Carlin Nordstrom, a former First Nations professional hockey player, along with other special guests.



FREE LUNCH

Daily prizes for
Best Attitude & Best Participation

WHERE BRFN SCHOOL

DATES Sat April 13, Sun April 14, Sat April 20, Sun April 21

TIME Group 1	Grades 4, 5, 6	9:45 am, end 1:30pm
Group 2	Grades 8, 9	10:00 am, end 2:15 pm
Group 3	Grades 10, 11, 12	11:15 am, end 3:00 pm

“

“When you hear Carlin speak you get to know him as a person and understand what drove him to achieve greatness.”

Andrew Belsheim, Anzac Community School

“I really enjoyed my time at the camp with Carlin. I learned to cook which I had never done before. We also learned some good work outs and started to get into shape. Thanks Carlin for a fun weekend!”

Franklin Baptiste, Poundmaker SK

”

- Sports & Fitness Activities
- Cooking Classes
- Motivational Presentations
- Health & Wellness Workshops