

Dear Parent or Guardian,

MedStar Family Choice DC is excited to explore interest in a **Spring Break Teen Takeover Camp** for our enrollees, designed to keep students engaged, active, and learning during DCPS Spring Break.

This camp is **available at no cost** to families, and participation is limited to children who are **active MedStar Family Choice enrollees**.

### Camp Details

- **Dates:** Monday–Thursday, April 13–16, 2026
- **Time:** 10:00 a.m. – 3:00 p.m.
- **Ages:** 10–15 years old
- **Location:** MedStar Family Choice Wellness Center, 3924 Minnesota Ave NE, Washington, DC 20019
- **Transportation:** Parent/Guardian responsibility- **Meals:** Lunch and snacks provided daily

### What Your Child Will Experience

Each day of camp focuses on a different theme, led by experienced instructors and community partners. Activities are beginner-friendly and designed to promote creativity, wellness, teamwork, and confidence.

- **Art Workshop Day:** Hands-on creative projects and a youth gallery walk
- **Healthy Cooking Day:** Nutrition basics and a guided cooking class where youth help prepare their own meal
- **Mindful Movement Day:** Youth yoga, wellness activities, journaling, and stress-relief tools
- **Family Fun Closeout Day:** Team games, outdoor activities, celebration, and participation certificates (Parents/Guardians are welcome and will be provided with lunch!)

## Important Notes

- Space is limited.
- Lunch will be provided daily
- This information is just to see if you're interested. It does not promise a spot in the camp.
- Additional details, permission forms, and confirmation will be shared with families closer to the camp date.

## We Want to Hear from You

If you are interested in having your child participate, please complete the interest form or respond by the requested deadline once shared. There will be a **mandatory in-person parent or guardian /child orientation** before camp starts.

Thank you for being part of the MedStar Family Choice DC. We're excited to bring meaningful opportunities to our youth, and we can't wait for them to join in the Spring Break fun!

Warm regards,

**MedStar Family Choice DC**  
Community Relations Team



This program is brought to you by the  
Government of the District of Columbia  
Department of Health Care Finance.

