



Youth Active & Media Savvy

Now Enrolling!

African American children living in Davidson County ages 8 – 14 and at risk for adult obesity to participate in the

Youth Active and Media Savvy (YAMS)

Summer Camps

Summer Camps 2014!

Location: Tennessee State University

Cost: **FREE!**



YAMS is a community initiative in Middle Tennessee intended to launch a **legacy of health empowerment** for African American youth.

LAUNCHING A LEGACY OF HEALTH EMPOWERMENT

Participating youth will learn and engage in activities that promote:

- **Critical Thinking Skills**
- **Self-Esteem**
- **Healthful Decision Making**
- **Healthy Meal and Snack Preparation**
- **Physical Activities**

YAMS' aim is to equip African American youth with the knowledge and awareness to make better health and wellness choices.

3 Camp Sessions:

June 2 – 13
June 16 – 27
July 7 – 18

For Enrollment Call
Dr. Veronica Oates at:
615.963.5625

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