

# MEET THE CAMP PENNBROOK FAMILY

Camp Pennbrook, which is situated at the Pennington School, is a “family” in the true sense of the word. We have been involved in weight loss camping since 1976. Many of our key staff members have been at the Pennington School for at least 10 years.

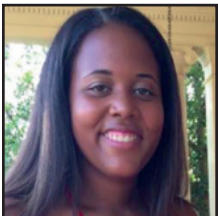
Our staff consists of mature and dedicated individuals. Many are involved in nutritional fields. We are educators, and are attuned to campers’ needs. We are accessible to parents 24 hours a day, seven days a week, and offer the support and extended family that our campers need to help them achieve their goals and objectives at camp. Most of the friendships that are formed here are long lasting.



**FLIP SHULMAN, EXECUTIVE DIRECTOR** has been involved in weight loss camping since 1976, and has literally grown up in camping. Flip was an executive director of the former Weight Watchers Camps. He spends his entire fall, winter, and spring developing the Camp Pennbrook program to ensure that your daughter experiences a happy, slimming, and meaningful summer at camp. He is a long standing member of the American Camping Association. Flip received his B.B.A. from Hofstra University in Management/Marketing & Accounting. Flip is very “hands on”, and is available 52 weeks a year to speak with parents and campers. While your daughter is at camp, he is like a “doctor on call.”



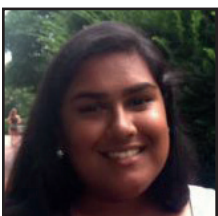
**TORI KUEBLER, REGISTERED DIETITIAN** It is Tori’s 3rd year serving as camp dietitian! She is now working as a dietitian at a hospital in Allentown, PA. During the summer she will facilitate RAP sessions, oversee foodservice & weekly weigh-ins, and provide one-to-one counseling sessions for the girls. Tori received her BS in Nutrition with a minor in Communications from Cedar Crest College in Allentown, PA and completed her dietetic internship through the College of Saint Elizabeth in Morristown, NJ. She is now a credentialed Registered Dietitian Nutritionist working in the South Jersey area in Community Nutrition. She believes in an overall wellness approach to nutrition leading to a healthier, happier long-term lifestyle.



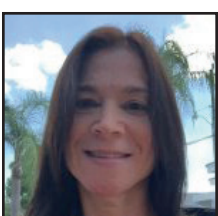
**ALYSSA GRANGER, DEBS (AGE 14-15)** Alyssa has been working in the Pennbrook family for 3 years unnamed and she attended camp as a camper also. Alyssa attained her EMS certification in the Spring of 2016 and worked as the weekend nurse last summer. She also held the position of camp tutor and Debs assistant group leader. Alyssa is currently in her junior year at Boston College studying psychology on a pre-medical track. Alyssa loves working with the girls and seeing them grow over their time at camp and can’t wait to get to know your daughter as well!



**KATIE HOOVER, TEENS (AGE 12-13)** This will be Katie’s fifth summer at Camp Pennbrook. She started as a camper in 2010 and returned as a Teen’s Counselor in 2015. She is currently a junior at Saint Joseph’s University, majoring in Communications with a minor in Marketing. She has a true passion and commitment for working with your daughters, helping them meet their goals and make healthy lifestyle changes while having fun!



**SUNANDA “SUNI” SHARMA, SENIORS (AGE 16+)** This will be Suni’s fifth summer with Camp Pennbrook. She graduated from Boston University with a B.A. in Psychology in 2014. Suni has loved working with the girls of Camp Pennbrook, and she eagerly looks forward to helping your daughter have the greatest summer of her life!



**CINDY ARGOW, CAMP ADMINISTRATOR** Cindy will be returning to Camp Pennbrook for her second year. Cindy is a native Floridian and has 3 daughters. She graduated from Florida State University with a degree in Elementary Education. During the school year, Cindy teaches Pre-K in North Miami Beach. While your daughter is at camp, Cindy serves as liaison between the camp staff, nurses and camp directors in coordinating logistics for doctor visits, airport pickups and shopping. Cindy is always around to speak with your daughter.

# TOP TEN REASONS WHY YOU SHOULD CHOOSE CAMP PENNBROOK:

## **10. LIFETIME OF CAMPING EXPERIENCE**

Most of our head counselors, group leaders, specialists, and many senior counselors have been working together for many years. They bring continuity to the program, and are in touch with many of our campers during the year. Their comraderie is unsurpassed in camping. Most staff members are former campers who had "grown up" with us.

## **9. PERSONAL ATTENTION / FAMILY OWNED**

We own and direct the camp ourselves, and have vested interest in the camp and your daughter. This is our ONLY location. We do not spread ourselves out running several locations or businesses where the owner is not on site full time.

## **8. REAL FOOD, REAL RESULTS**

Our meal plan is based on the U.S. Dept of Agriculture's "My Plate". We offer three meals a day and daily afternoon and evening snacks.

## **7. A "REAL" CAMP, WITH MODERN, STATE OF THE ART FACILITIES**

Parents and campers deserve top notch facilities for the amount of money that it costs to go to camp. We do not have older, rustic facilities. We encourage you to visit the camps you are considering and compare our facilities with any other camp! Most of our indoor buildings including the Studen Union Multi Purpose Center, and Lecture Hall and Theatre are fully air conditioned for your additional comfort, and making our facilities 100% weatherproof. We do not require constant maintenance and repairs (no broken toilets, overcrowding in wooden cabins, insect problems, fuses blowing constantly, etc.). We have campfires, hikes to nearby lakes, bunknights and much more!

## **6. SEPARATE PROGRAMS FOR EACH AGE GROUP**

Your daughter will be living in a two or three person room, and will only be participating with girls of similar age and grade. The camp's program is divided into different age ranges – Flappers – ages 8-11; Teens – ages 12-13; Debs – ages 14-15; Seniors – ages 16-17; Young Adults – ages 18 and over. Each division has its own unit leader who designs the program according to each group's special needs. **FIRST YEAR CAMPERS AND THEIR PARENTS WILL RECEIVE SPECIAL ATTENTION!**

## **5. ACCESSIBILITY**

We want to meet you! We are situated close to the New York, and Philadelphia metropolitan areas, where many of our campers reside. We can visit you at your home (at no obligation); you can visit the campsite by appointment; or you can attend one of our "Open Houses". It is important to develop a relationship with your camp family before the commencement of camp! References available in almost every major city.

## **4. AFFORDABLE TUITION!**

Our costs go into the areas that benefit your daughter such as program and menu development and research, and qualified and dedicated staff. We do not own camp property with high maintenance and upkeep costs; we do not have huge offices and staffs with big administrative expenses. Our personal involvement and "hands on" approach enables us to offer you a quality program for less.

## **3. YOUR DEPOSIT IS REFUNDABLE UP TO MAY 15TH**

We recognize the sacrifice that you are making in these economic times to improve your daughter's health and self esteem. We hope that she attends our program, but should you need to cancel for any reason; your deposit will be fully refunded up until May 15th.

## **2. OUR PROGRAM WORKS!**

Our weight loss program has been tested extensively by people who have spent many years working at weight loss camps with overweight children. We are sensitive to your daughters needs. Our program is designed not only to help your daughter lose weight, but to help her maintain her weight loss by learning to eat nutritionally correct foods. The program will last a lifetime! Our one on one nutritional counseling will provide your daughter with the tools she needs to return home motivated to stay on the program. Our staff makes monthly follow up calls after camp. In addition to losing pounds and inches, she will look better, and feel better about herself!

## **1. ALL GIRLS WEIGHT LOSS CAMP: NO PRESSURE= GREAT RESULTS!!!**