



iPALS is a partnership
with Champaign Unit 4's
Family and



iPALS SUMMER WELLNESS PROGRAM

This free, summer wellness program for elementary and middle school students combines social and emotional learning with physical activity, nutrition education, and academic enrichment in a fun, high energy environment.

During iPALS, participants will rotate through stations led by University of Illinois students where they will interact with peers and learn activities they can use at home to stay healthy and active. Example activities include:

- Basketball, cooperative games, soccer, and tchoukball
- Cooking and food science experiments
- Games that emphasize language arts, mathematics, and science principles

iPALS participants will receive breakfast and lunch daily. Bus services will also be available to transport students who qualify. **To participate in iPALS, students must be eligible for the free and reduced lunch program.**

Middle School Program

Date: M - F, 6/1/21-6/25/21

Time: 8:00AM to 3:00PM

Location: Columbia Center

Participants: Rising 6th-8th graders

Registration:

<https://tinyurl.com/njzrjh98>



SCAN ME

illinois.edu