



# CAMP

EST. 1968

## HERTKO HOLLOW

IOWA'S CAMP FOR KIDS WITH DIABETES

**APRIL 17-19**

**FAMILY CAMP** (Families with children ages 5+)  
**TEEN RETREAT** (Ages 13-17)

**JUNE 28 - JULY 4**

**KIDS WEEK** (Ages 8-12)  
**MINI CAMP** (Half week sessions: ages 5-7)  
**COUNSELORS IN TRAINING** (Age 17)

**JULY 5 - JULY 11**

**TEEN WEEK** (Ages 13-17)  
**LEADERS IN TRAINING** (Age 16)



SWIMMING, HORSEBACK RIDING, CLIMBING WALL, DIABETES EDUCATION, AND MUCH MORE!



NO CHILD IS TURNED AWAY DUE TO AN INABILITY TO PAY.  
Learn more on our website or call us at 1-855-502-8500.

[CAMPHERTKOHOLLOW.COM](http://CAMPHERTKOHOLLOW.COM)



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## WHAT TO EXPECT AT CAMP HERTKO HOLLOW

- **EVERYONE** checks their blood sugars (you never have to explain why)!
- The focus is on **FUN!**
- **FOOD** you'll like – and children with dietary restrictions will be accommodated!
- **NEW FRIENDS** . . . 150 of them, because bullies aren't allowed at camp!
- Really cool camp counselors that **LISTEN** to you! They are all at least age 18 and many of them also have diabetes.
- **AMAZING ACTIVITIES** . . . archery, arts and crafts, campfires, canoeing, horseback riding, climbing wall, zipline, hiking, swimming, etc.!
- Regardless of whether you are playing, exploring nature, conquering new heights or becoming part of a camp family, you will be creating **MEMORIES** that last a lifetime.



## DIABETES CARE AND CAMPER SAFETY

Our medical staff is comprised of top-notch, certified medical **PROFESSIONALS** including physicians, nurses, dietitians, and pharmacists who specialize and understand the complexity of managing diabetes.

The staff to camper ratio is 1 to 4, ensuring lots of responsible adults looking out for your camper. Camp Hertko Hollow's staff has the knowledge, training and experience to make sure your child has a fun and **SAFE** week away from home!

Camp Hertko Hollow is accredited by the American Camp Association thereby ensuring that national safety and **HEALTH** standards are in place.

## EDUCATING CAMPERS

Diabetes education happens both formally and informally at camp. We **BELIEVE** the greatest education is the informal learning that children receive when sharing their experiences about living with diabetes.

Campers **LEARN** they are not alone in dealing with the many responsibilities of diabetes, and are able to share experiences and educate each other.

In addition to the informal education, the **DAILY** camper schedule includes a formal time for diabetes education.

