

AtlantiCare

LIFECENTER



High School Field Trip

Enjoy a field trip to the AtlantiCare LifeCenter where students will engage in discussions and participate in exercise classes.

The day will consist of the following:

- Discuss the importance of fitness and healthy eating
- Learn how exercise can prevent & treat medical conditions
- Explore career opportunities in the health industry
- Take a tour of the facility
- Participate in HIIT, Spin, Yoga, and/or Zumba classes

[Program Request Link](#)

Any questions? Contact Christine Guzman via email or phone.

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