

# Sentara Health Career Camp

For rising 7th - 9th graders



**Sentara Health Career Camp is a no-cost program designed for students entering 7th to 9th grade who are interested in science or health-related careers.**



Hands-on learning includes:

- CPR
- Heart/lung/stomach sounds
- Making healthy meals
- Pharmacy robotics
- How to place a simulated IV
- How to do labs
- How to suture (on oranges)
- Setting casts
- Bandaging simulated wounds

At Sentara Health Career Camp, students will learn about careers like medical doctor, nurse, physical therapist, X-ray tech, and emergency service personnel. Please contact [SHCC@sentara.com](mailto:SHCC@sentara.com) for more information.

## Camp locations

- Sentara CarePlex Hospital, Hampton, VA
- Sentara Martha Jefferson Hospital, Charlottesville, VA
- Sentara Norfolk General Hospital, Norfolk, VA
- Sentara Obici Hospital, Suffolk, VA
- Sentara RMH Medical Center, Harrisonburg, VA
- Sentara Williamsburg Regional Medical Center, Williamsburg, VA

## Important dates

- Application deadline: Friday, April 5
- Camp: June 17-21, 8:30 a.m. – 2:30 p.m.
- Orientation: June 7, 5 p.m.
- Graduation: June 21, 5 p.m.



Scan the QR code to complete the application, or visit:

[surveymonkey.com/r/SentaraHealthCareerCamp](https://surveymonkey.com/r/SentaraHealthCareerCamp)