



# Sentara Health Career Camp

## For rising 8th – 9th graders



Sentara Health Career Camp offers *rising* eighth and ninth grade students a unique opportunity to explore their future in healthcare! This free program is perfect for students with a passion for science and an interest in health and wellness. Through hands-on experiences, participants will discover a wide range of career paths in the medical field. With limited spots available, don't miss out—apply today!

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

Please contact **SHCC@sentara.com** for more information.

### Camp Session I (June 23-27)

- Sentara CarePlex Hospital, Hampton, VA
- Sentara Obici Hospital, Suffolk, VA
- Sentara RMH Medical Center, Harrisonburg, VA

### Camp Session II (July 14-18)

- Sentara Norfolk General Hospital, Norfolk, VA
- Sentara Northern Virginia Medical Center, Woodbridge, VA
- Sentara Martha Jefferson Hospital, Charlottesville, VA
- Sentara Williamsburg Regional Medical Center, Williamsburg, VA

**Application deadline:** Friday, March 28, 2025



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

**SentaraHealthCareerCamp.com.**