

**MAN CAMP**



- MAN CAMP is an intensive 3 day mini-camp for young men in Jr. High or High School.
- Space is limited to 60 young men, registration is required
- A parent or guardian will need to attend a 30 minuter training
- The young men will transition between classes on character, masculinity, health, wellness and life skills.

**EMPOWERING YOUNG MEN FOR FUTURE LEADERSHIP**  
**OCTOBER 20-22, 2011**  
**9:00-3:00 THURSDAY, FRIDAY AND 9:00-1:00 SATURDAY**

Scan with your smart phone QR code reader



[www.TulsaManCamp.org](http://www.TulsaManCamp.org)

Info: Lamar K. Brown 918-382-2227 or e-mail [lbrown@ihrc.org](mailto:lbrown@ihrc.org)

Mandatory Parent/Guardian meeting: October 15, 1:30 pm

Registration period: September 19-October 8

1661 East Virgin Street Tulsa, OK 74106

Event Location: KIPP Tulsa College Preparatory

**sanctuary evangelistic church presents**



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**Thursday 101 and Friday 201 Agenda**

**Character Training Classes**

- 101 Character and Conduct: What does it mean to have character?
- 201 Character of a Man: From attentiveness to virtue an exploration of a good man's character.

**Masculinity Training Classes**

- 101 Masculinity: What really defines a man?
- 201 Man Law: An exploration into the unwritten codes by which men live.

**Nutrition Training Classes**

- 101 Food Preparation and Education, Nutrition Education: Your diet - obesity, heart disease and diabetes
- 201 Food Preparation and Education, Men's Health: Maintaining your wellness

**1 Hour: Circle Chat Topics**

- 101 Thursday topic - Sex: Facts, conversation and questions
- 201 Friday topic - Money: Facts, conversation and questions

**Physical Training Classes**

- 101 Team Building Physical Activity
- 201 Team Building Physical Activity

**Saturday Agenda**

**Luncheon:** Six speakers present a 10 min. presentation:  
Words of Wisdom from a Grandfather, Words of Encouragement from a Brother,  
Words of Advice from a Doctor, Words of Direction from a Father,  
Words of Empowerment from a Business Man, Words of Inspiration from a Friend



**QUESTION: What really defines a man?**

Turn in a short answer with your registration form on a separate sheet of paper.



**INDIAN HEALTH CARE**  
RESOURCE CENTER OF TULSA



**METROPOLITAN**  
TULSA URBAN LEAGUE

Youth's name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Parents' or Guardian's name \_\_\_\_\_ Signature \_\_\_\_\_

\_\_\_\_\_ Signature \_\_\_\_\_

Return registration form to Lamar Brown, Indian Health Care Resource Center of Tulsa, Inc., 550 S. Peoria, Tulsa, OK 74120 or lbrown@ihcrc.org.