

Skipping Challenge for Camphill

Studio Health has launched a fun way of raising funds for Camphill School and Farm in Hermanus, which were ravaged by the devastating fires last month.

Camphill School is a therapeutic community for children and young adults with special needs and this disaster has had a massive impact on them. Now Studio Health is appealing to the public to take part in their Skipping Challenge to help them rebuild their lives and to assist Camphill to continue to provide their vital services to the community.

Anyone, young or old, can take part! The entry fee is R300 pp,

which will be donated to the school – and you'll stand a chance of winning the R1 000 prize!

So start practising and get fit in the process! When you're ready, book a time and make your way to Studio Health in Hemel-en-Aarde Village and take up the challenge – the one who can skip the most revolutions in 5 minutes will be the winner!

Contact 083 325 7515 via WhatsApp to book. You are welcome to do it in a group and have fun with your friends or family members. Let's do this for the Camphill children!