Goals
The goals of Camp Wellness are to enhance your knowledge and skills relating to health and wellness while having fun in this exciting program. You will continue to receive peer support in your community afterwards.

Program
Students attend Monday-Friday for nine weeks. Classes are 9:00 a.m.-3:00 p.m. each day except Wednesday which is 9:00 a.m.-1:00 p.m.

◆ Students learn to prepare healthy, delicious foods.
◆ Experience a positive, challenging and supportive learning environment.
◆ Become part of the University of Arizona/Camp Wellness community!

“Camp Wellness has made a huge difference in my life! I feel better, look better, sleep better, have less pain, and more friends. Thank you!”
-Camp Wellness Alumna

“Camp Wellness is like coming home.”
-Camp Wellness Alumna

How to Apply
If you are an adult in the SMI program or GMH/SA Title XIX program, you may be eligible to attend!

◆ Fill out a Camp Wellness Application.
◆ Sign a Release of Information form for Camp Wellness.
◆ Speak with your agency to complete a Specialty Agency Referral including transportation services. (Cenpatico provider agencies are responsible to arrange transport to/from Camp Wellness)
◆ Once your application is approved, you will be notified when to start Camp!

Call 520-396-2310 to enroll now!

The Health & Wellness Center
is located at 1030 N. Alvernon Way
Tucson AZ 85711
(Bus Routes 4 & 11)

www.campwellness.org
Food & Nutrition
Come learn how to fuel your body with smart food choices. We’ll learn how to build a healthy diet, read food labels, eat on the go, plan your meals for the week ahead, shop the sales, maximize coupons, and save money!

SPA
Come visit our facility, where you’ll take part in Supported Physical Activity (SPA). SPA is taught by local gym staff and our own peer mentors. You’ll learn safe, effective and fun exercises to shape your waist and tone both body and mind, at home or in the gym.

Health Education
Learn everything you ever wanted to know about major parts of the body and common ailments. Spend time with Dr. Kutob and our marvelous theatrical staff!

Mindfulness
Discover different ways of improving mindfulness, by practicing relaxation, deep breathing, positive thinking, guided imagery, and other techniques. Come clear your mind and enjoy all that mindfulness has to offer!

Cooking Skills
Sick of fast food and dinners that come in a box? We’ll learn how to cook tasty, healthy meals that won’t break the bank. We will eat healthy meals together each day at the Center.

Tobacco-Free Lifestyles
Wish you could quit, but don’t know how? You’ve tried quitting a million times but just can’t stay off? Do you have a friend who needs to quit, and you’d like to help? Learn ways to create a tobacco-free lifestyle. We’ll explore fun facts about tobacco and ways to reduce your tobacco use or quit altogether. Apply what you learn to achieve other lifestyle changes!

Stress Management
In this class, we’ll learn a variety of ways to deal with daily hassles and improve your physical and emotional well-being. Each class ends with a deep relaxation exercise, so you’ll leave feeling peaceful and refreshed.

Call
520-396-2310
to enroll now!

www.campwellness.org