

***Don't let a mental health diagnosis  
keep you from living.***

**YOU HAVE A CHOICE!**



**Award-winning Camp Wellness is available EVERY week at locations near you!\***

*If you are an adult in a Cenpatico GMH/SA TXIX or SMI program, you may be eligible to attend.*

**Call us toll-free at 1-844-396-2310 or join us at either of these locations:**

City	Location	Schedule (subject to change)	Camp hours
Apache Junction, AZ	Central Arizona College, 805 S. Idaho Rd, Room A116	Every other Thursday	10-4
Nogales, AZ	Santa Cruz Center, 2021 N. Grand Ave.	Every other Thursday	10-4
Yuma, AZ	La Fuente Inn, 1513 E. 16th St.	Tuesday & Wednesdays	10:30-4

**Join us each week\* to:**

- Learn how to choose and prepare healthy meals, exercise safely and make smart lifestyle choices.
- Explore the functions of the human body and how to keep it healthy.
- Join exciting, fun games with fellow students and Health Mentors.
- Experience a positive, challenging and supportive environment of learning.

***2016 SAMHSA Recognition of EXCELLENCE in WELLNESS Winner***

[campwellness.org](http://campwellness.org)

\*Excluding holidays