



- 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.

### ***Awarded SAMHSA's EXCELLENCE in WELLNESS***

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

City in Arizona	Location	Schedule <i>(subject to change)</i>	Camp hours
Eloy	Veteran's Center, 316 N Main St.	Thursday	10-3
Tucson	1030 N. Alvernon Way	Monday—Friday Wednesday	8:30-3:30 8:30-1:30
Yuma	La Fuente Inn, 1513 E. 16th St.	Tuesday & Wednesday	10-3
Apache Junction & Nogales	One on One Telephonic Health Mentoring		

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

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