

Camp Wellness "Hop Into Healthy Habits" Retreat

Join us from **April 21-24, 2020** and bounce into new healthy habits!

Enjoy:

- ⊗ Our core principles of Unconditional Acceptance, Healing, Love, & Having Fun!
- ⊗ Health Education with Dr. Kutob
- ⊗ Developing/updating your Wellness Wheel
- ⊗ Learning to cook new healthy recipes, fun physical activities to enforce good habits
- ⊗ Making new friends!

Active Alumni and students who live outside of Pima County are to register for this retreat by contacting Julie or Carter at 877-535-6170 by **4PM April 17th**. The Retreat will be held at the UA RISE Health and Wellness Center (1030 N. Alvernon Way, Tucson AZ). Meals, lodging and educational supplies will be provided for qualified attendees. Contact your case manager or recovery coach to arrange transportation to Tucson. You should plan to arrive by 11AM, Tuesday 4/21/20 and depart at 3PM, Friday 4/24/20.

If you are a current Tucson student or alumni, please re-schedule your transportation accordingly to attend at these times:

Day	Class Begins	Class Ends
Tuesday 4/21	9AM	5:45PM
Wednesday 4/22	8:40AM	5:45PM
Thursday 4/23	8:40AM	5:45PM
Friday 4/24	8:40AM	3PM



Questions? Call toll free 1-877-535-6170 or visit www.campwellness.org.

The Health & Wellness Center is administered by Recovery thru Integration, Support & Empowerment (RISE) in the Department of Family and Community Medicine (DFCM) at The University of Arizona.

Services are funded through a contract with AHCCCS.