



California 4-H presents

MINDFULNESS RETREAT

NOVEMBER 4-6, 2016

CAMP OCEAN PINES
CAMBRIA, CA

Save
the
date!

Teens ages 13 – 19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities.

For more information contact
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The mindfulness retreat will address:



University of California

Agriculture and Natural Resources

4-H Youth Development Program



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