

HEAVE WELLNESS RETREAT!

FREE!

Join us for a Humboldt County Youth wellness adventure!
We will camp out in the beautiful Camp Riggs Johnston
at Elk River - transportation provided!

Kick boxing lessons!

Meditation sessions!

Tea ceremony!

Relaxation techniques!

Discussions about health and wellness!

And much more!

Prizes for one and all — we can't wait to see you there!

PRIZES!

Date: July 8-10

Join Us for a
Fun-filled, Healthy Adventure!



This Wellness Retreat is free to all
Humboldt County youth, ages 16-26.

Registrants accepted on a first-come,
first-serve basis. Contact us at
humboldtyouth@gmail.com to register.

For more information, contact
Rochelle at 707-476-2260.

**Humboldt County
Transition Age Youth
Collaboration
humboldtyouth.org**