

July 20th 2016!

★ SWAT's ★
Summer YOUTH
Wellness Retreat!★

★ 9:30AM—3:00PM ★

Our event will include...

- Wellness discussion.
 - What does wellness mean to you? (Mind, body, spirit)
 - How can you improve your own wellness planning?
- Physical Activity (ie; Yoga, Karate)
- Lunch
- Mindful Nature Walk
- Team Building
 - Creating a project together
 - Outdoor activities

White House Lodge

Webster Park 14580

It's Summer!!

Dress cool but appropriate.

Bring sunscreen!

**COLD WATER WILL
BE PROVIDED ALL DAY!**

RSVP is REQUIRED!

This Event is for Ages 14-24!

Please register at:

swatsummerwellnessretreat2016
.eventbrite.com

Please contact Bianca Logan with any questions about this event!

Contact Person: Bianca Logan

Phone: 585-753-2638

E-mail: BLogan@monroecounty.gov