

CAMP EXPERIENCE

THURSDAY, JUNE 3 • THURSDAY, JULY 1

WEEK 1

- Thursday, June 3 **FIRST DAY OF CAMP!**
Meet-n-Greet | 6-7pm
 Monday, June 7 **Live Speaker** | 11am-12pm
Mental Health Matters
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 8 **Workshops:**
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 9 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Art Therapy | 12-1pm

WEEK 3

- Monday, June 21 **Live Speaker** | 11am-12pm
Health Insurance: A Puzzle Wrapped in an Enigma
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 22 **Workshops:**
 • Insurance | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 23 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Art Therapy | 12-1pm

WEEK 2

- Monday, June 14 **Live Speaker** | 11am-12pm
That Good Gut Feeling: Nutrition & Gut Health
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 15 **Workshops:**
 • Journaling | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 16 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Cooking Demo | 1-2pm

WEEK 4

- Monday, June 28 **Live Speaker** | 11am-12pm
Reclaiming Wellness
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 29 **Workshops:**
 • Journaling | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 30 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Tabata HIIT | 1-2pm
 • Living Beyond Cancer | 2-3pm
 Thursday, July 1 **LAST DAY OF CAMP!**
Wrap Up | 6-7pm

JUNE 3 - JULY 1, 2021 | SESSION LINKS

NOTE: Session that are offered more than 1 day - you only need to sign up once & you will use that same joining to attend any of the session occurrences.

Session	Dates	Time *CST	Link to Register	Link to Join (fill this in after you check your inbox once you register)
Celebrations				
Welcome Meet-n-Greet	Thursday, June 3	6:00-7:00pm	https://bit.ly/3mHKWHc	
Wrap Up Celebration	Thursday, July 1	6:00-7:00pm	https://bit.ly/3sIEhW	
Live Presentations				
Mental Health Matters	Monday, June 7	11:00am-12:00pm	https://bit.ly/3n5kZSi	
That Good Gut Feeling: Nutrition & Gut Health	Monday, June 14	11:00am-12:00pm	https://bit.ly/3n5JUFI	
Health Insurance: A Puzzle Wrapped in an Enigma	Monday, June 21	11:00am-12:00pm	https://bit.ly/3n69Bp2	
Reclaiming Wellness	Monday, June 28	11:00am-12:00pm	https://bit.ly/3ejnNah	
Support Groups *You will attend the same session (morning or evening) for the duration of your camp. You only sign up for one.				
Evening Group Meetings	Mondays June 7, 14, 21, 28	6:00-7:30pm	https://bit.ly/3awJTVU	
Morning Group Meeting	Wednesdays June 9, 16, 23, 30	9:30-11:00am	https://bit.ly/3ng30xu	
Workshops				
Yoga	Tuesdays June 8, 15, 22, 29	1:00-2:00pm	https://bit.ly/32H2xWt	
Living with Intention (Communication)	Tuesdays June 8, 15, 22, 29	2:00-3:00pm	https://bit.ly/2PaJMI7	
Art Therapy	Wednesdays June 9, 23	12:00-1:00pm	https://bit.ly/2QpHB3P	
Journaling	Tuesdays June 15, 29	11:00am-12:00pm	https://bit.ly/3vdlBaf	
Cooking Demo	Wednesday, June 16	1:00-2:00pm	https://bit.ly/3xgOvcc	
Health Insurance	Tuesday, June 22	11:00am-12:00pm	https://bit.ly/3tFvHkV	
Tabata HIIT	Wednesday, June 30	1:00-2:00pm	https://bit.ly/3v9UxcO	
Living Beyond Cancer (Book Club)	Wednesday, June 30	2:00-3:00pm	https://bit.ly/3awK6bE	