



California 4-H presents

# MINDFULNESS RETREAT

NOVEMBER 3-5, 2017  
CAMP OCEAN PINES  
CAMBRIA, CA

\$175 to attend

Register by October 1, 2017

<https://ucanr.edu/survey/survey.cfm?surveynumber=21346>

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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