

# iThrive Wellness Camp



**July 24-28, 2019**

## **Come, learn and enjoy...**

- ✓ Healthy & Delicious Meals
- ✓ Relaxing Massage
- ✓ Interactive Seminars
- ✓ Daily Exercise
- ✓ Healthy Cooking Demonstration
- ✓ Wellness Coaching
- ✓ Medical Consults
- ✓ Children's Program
- ✓ Much more!

## **Everyone is Welcome!**

### Location:

Blue Mountain Academy  
2363 Mountain Rd,  
Hamburg, PA 19526

### Registration Deadline:

July 21, 2019

### Registration Fee:

Adult with lodging: \$250

Child under 18: \$150

Adult without lodging: \$150

Sponsored by Adventist Whole Health Network &  
Pennsylvania Conference of Seventh-day Adventists

For more details and online registration visit  
**[www.awhn.org](http://www.awhn.org)** or email **[info@awhn.org](mailto:info@awhn.org)**