



CAMP RESILIENCE

• VETERANS CREATIVE WELLNESS RETREAT - 2023 •

DECEMBER
6 - 9

Learn to use music and visual art to help you heal and improve your overall wellness

Camp Resilience, in partnership with CreatiVets, the Currier Museum of Art, and the Red Cross offers this retreat to Veterans looking to spend time with other Veterans to learn how creative arts can help improve your overall wellness and life satisfaction.

TAP INTO YOUR CREATIVITY. IT'S HEALING.

Retreat workshops include:

- Songwriting with professional songwriters from CreatiVets
- Visual Art Therapy with educators at the Currier Museum of Art
- Mindfulness training



And, other fun activities like...

- Snowshoeing/hiking
- Indoor rock climbing
- Yoga or Tai Chi
- Water aerobics



Lodging, meals, and activities are provided at no cost to participants.

Space is limited - For more information or to apply visit www.camp-resilience.org/futureretreats

Please send questions to info@camp-resilience.org or call 978 219 4003.

