



2015 Teen Retreat

Friday, October 16 to Sunday, October 18
NatureBridge at Golden Gate • 1033 Fort Cronkhite • Sausalito, CA

The Arthritis Foundation's Teen Retreat provides teens, ages 14-18 and in high school, an opportunity to learn more about arthritis, practice taking an active role in their health care under the supervision of medical staff, and connect with other teenagers with rheumatic disease during a fun weekend adventure!

Fun teambuilding activities, discussions and an off-site day trip help teens...

- gain a greater understanding of juvenile arthritis diagnosis and treatment
- develop peer-to-peer support
- increase independence and self-confidence
- discover new skills and interests
- begin developing the skills needed to be leaders, advocates and champions in their everyday lives

**Registration is \$100 per teen. Scholarships are available.
Register your teen to attend: <http://tinyurl.com/TeenRetreat2015>**

Questions? Contact Winnie Monohan • wmonohan@arthritis.org • 415.356.5488