



Camp Superstuff
Asthma Summer Camp 2017
 July 24th - July 28th: 9am - 4pm
 Mayfair Community Center
 2039 Kammerer Ave, San Jose, CA 95116

Camp Superstuff Asthma Summer Camp 2017

Join Breathe California's Camp Superstuff, a weeklong day camp for asthmatic children ages 6-12! Learn to manage your asthma, make new friends just like you & enjoy exciting activities, supported by our trained staff:

- Arts and Crafts
- Skits and Games
- Swimming
- Field Trips
- Educational Sessions

Registration Deadlines

Now - July 1st \$150*
 After July 1st \$170*

*No cost for children covered by the Santa Clara Family Health Plan or Valley Health Plan. Needs-based scholarships available.



Asthma Education Benefits:

- Learn to recognize & avoid triggers for asthma attacks
- Build confidence in self-managing your medication
- Know how to stay active with good asthma control
- Get support from peers also dealing with asthma

Interested?

Register online at:
www.breathebayarea.org/asthmacampsuperstuff

For more information:
 Call (408) 998-5865 or Email nidhi@lungsrus.org

Non-profit #94-1156307



BREATHE CALIFORNIA
of the Bay Area



Santa Clara Family Health Plan
 The Spirit of Care



Valley Health Plan

Thank you to the generous readers of **wishbook2016** | The Mercury News



Camp Superstuff 2017 Campamento de Verano sobre Asma

24 de julio - 28 de julio: 9am - 4pm
Mayfair Community Center
2039 Kammerer Ave, San Jose, CA 95116

Camp Superstuff 2017 Campamento de Verano sobre Asma

Participa en "Breathe California's Camp Superstuff", un campamento especialmente para niños (6-12 años) con asma. Se realiza diariamente durante una semana. Aprende manejar tu asma, conoce nuevos amigos y disfruta de actividades divertidas con el apoyo de nuestro equipo de expertos.

- Artes y manualidades
- Natación
- Lecciones educativas
- Excursiones
- Presentaciones y juegos

Inscripciones:

Hasta el 1 de julio
\$150*

Después del 1 de julio
\$170*

*Gratis para niños cubiertos por el Santa Clara Family Health Plan o Valley Health Plan. Becas disponibles.



BENEFICIOS EDUCATIVOS

- Aprende a reconocer y evitar un ataque de asma
- Aumenta tu confianza al manejar tus medicamentos
- Aprende cómo mantenerte activo y controlar tu asma
- Encuentra apoyo en tus compañeros

¿TE INTERESA?

Regístrate en nuestra web:

www.breathebayarea.org/asthmacampsuperstuff

Para más información:

Llama (408) 998-5865 o escribe nidhi@lungsrus.org

Non-profit #94-1156307



Santa Clara
Family Health Plan
The Spirit of Care



Valley Health Plan