



Calling All Children with Moderate to Severe Asthma!

A Summer Camp Adventure Awaits
Prescott, AZ

Calling all Campers

Camp Not-A-Wheeze is the premier camp for children in Arizona with moderate to severe asthma. Children ages 7 - 14 years old will experience a traditional summer camp while in a safe medical environment.

During camp, campers will:

- Do fun activities (e.g. horseback riding, swimming, rock climbing, etc.) while a team of volunteer medical professionals monitor healthcare needs around-the-clock.
- Have asthma education sessions to learn how to manage their asthma.

Find Out More!

To receive more information or obtain an application visit:

CampNotAWheeze.org

Or contact us at:

PhoenixPrograms@Lungs.org

602-258-7505



Apply today! Deadline is April 7th

Thanks to a generous donor, ALA is able to provide:

15 FREE spots at Camp for Native American children

A Day at Camp Not-A-Wheeze

- 7 a.m. Wake up bell for the campers. The children's day begins as medical volunteers dispense medications.
- 8 a.m. It's breakfast time- a healthy meal served in the crisp mountain air.
- 8:35 a.m. Morning activities begin. Campers rotate to three activities; one activity each day is to discover more about their asthma. The topics, which range from identifying asthma triggers to using peak flow meters, are designed to boost the children's confidence living with and managing asthma.
- Noon Lunchtime, followed by a rest period.
- 2 p.m. Snacks, followed by afternoon recreational activities.
- 5:30 p.m. The grill is sizzling with chicken, burgers, or other tasty fare prepared by Friendly Pines staff. After a satisfying meal, campers and medical volunteers gather for an evening activity of singing, storytelling and games.
- 8 p.m. Campers receive nighttime medications from medical volunteers.

Campers participate in a variety of fun activities at Camp Not-A-Wheeze. Here's a look at what to expect during the week at camp:

Arts and Crafts, Archery, Canoeing, Fishing, Games, Horseback Riding, Music, Boulder Climbing, Swimming, and more!