



25<sup>TH</sup> & 26<sup>TH</sup> APRIL 2015

# CAMP WELLBEING

High performance wellbeing

Camp Wellbeing is a high performance wellbeing camp facilitated by New Zealand's experts in wellbeing science, physical activity, and nutrition.

- ▶ focus on and improve your wellbeing in shorter, more manageable bursts.
- ▶ serious science, yet fun and tailored to each individual participant.
- ▶ take time out of your busy life to slow down, prioritise and focus on what is most important to you now and over the longer term.
- ▶ in an engaging and relaxing setting, learn the skills to empower improvements in your personal wellbeing.

Cost:  
\$390+gst

Location:  
Millennium Institute,  
Auckland

Ages:  
18+

Accommodation:  
Option of AUT lodge

Future Camps:  
7<sup>th</sup> June 2015

Human Potential Center  
17 Antares Place  
Mairangi Bay  
Auckland

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**HUMAN POTENTIAL CENTRE**  
AN AUT UNIVERSITY RESEARCH CENTRE

