

# CAMP YESUCAN: *GO FOR THE GREEN!*

5<sup>TH</sup> ANNUAL ASTHMA AWARENESS DAY

Presented by Frederick Memorial Hospital

Whittier Recreation Center Saturday May 10, 2014

WHITTIER ELEMENTARY SCHOOL 8:00 A.M.-12:00 NOON  
2400 WHITTIER DRIVE, FREDERICK MD 21702

EDUCATIONAL  
GAMES

BOOT  
CAMP

GROUP  
ACTIVITIES

**CAMP YESUCAN** is a day camp for children, ages 5-14 with chronic asthma, providing them with a camp experience designed for their special needs. It is free of charge and open to the community. Campers learn about their asthma while they participate in recreation. The goal of **CAMP YESUCAN** is for campers:

- ▶ TO UNDERSTAND HOW ASTHMA AFFECTS THEM
- ▶ LEARN HOW TO MANAGE THEIR DISEASE.
- ▶ LEARN TO RECOGNIZE AND AVOID ATTACK TRIGGERS
- ▶ TO KNOW WHEN AND HOW TO TAKE THEIR MEDICATIONS
- ▶ TO IMPROVE THEIR SELF MANAGEMENT SKILLS

**CAMP YESUCAN** is supervised by a team of skilled pediatric nurses, respiratory therapists, and certified asthma educators, all with experience in care with children with asthma.

Reservations for  
**CAMP YESUCAN** must  
be made in advance by  
contacting Martha Gurzick at  
240-566-3165 or  
[mgurzick@fmh.org](mailto:mgurzick@fmh.org).  
Space is limited—  
Call today!

