

# What is Dream Street?

Dream Street provides camping programs for children with chronic and life threatening illnesses. Children with cancer, blood disorders and other diseases are given the opportunity to enjoy activities they would normally be restricted from due to their illness.

# What are we looking for in those that apply?

We are looking for young people who are willing to participate in a group and share feelings with others that are in similar situations. Applicants must be willing to be open and honest with their feelings.

## How will I know if I am accepted?

Once your application has been returned, a Dream Street coordinator will contact you to discuss your application. Space in each session is limited, so please return your application as soon as possible.

# What happens if I am accepted?

If you are accepted to attend, one month prior to your departure, you will receive your airline ticket, as well as additional information.

## What does it cost to go to Dream Street at Canyon Ranch?

All Dream Street programs are free of charge. The Dream Street Foundation underwrites all program and travel expenses to Canyon Ranch.

# Should I bring money with me and if so, how much?

You will need no money at Canyon Ranch. All food and services are covered for you. However, there is a gift shop which sells sundries, t-shirts and other items.

# How will I get to Canyon Ranch?

You do not need to make any travel plans of your own. All travel plans will be made by Dream Street. A Dream Street counselor will meet you at the airport and take you directly to Canyon Ranch.

### Will anyone call me from Canyon Ranch?

A Canyon Ranch program coordinator will call you to explain the services offered and book your appointments. If you do not book before you arrive you will be able to do it when you get there.

### Will I be able to contact people using my cell phone?

There is a "No Cell Phone" policy at Canyon Ranch, however you will be able to use your cell phone at the main house.

### What will my accommodations be like?

Although the program is co-ed, sleeping facilities are separate. In some cases, it might be dormitory style, however there are private bathrooms. Campers and staff are housed together.

## What do I wear at Canyon Ranch?

Dream Street will provide you with daily t-shirts and a "what to bring" list will be sent with your airline information. *We do <u>not allow low-slung</u>, baggy jeans.* 

# How do I contact Dream Street to check on my application process, or for any other questions I might have?

You may e-mail us at: DreamStreetAZ@gmail.com

# Where to mail the completed form.

Dream Street Foundation 324 S. Beverly Dr. Suite 500 Beverly Hills, CA 90212

# These are some of the health services offered at Canyon Ranch you might enjoy:

### Rx for Exercise

If you aren't on a regular exercise program but would like to initiate one, an exercise physiologist can explain the health benefits of exercise, and custom design an exercise program in tune with your goals, interests, physical limitations and the facilities available to you.

#### **Exercise for Weight Loss**

Find out how much exercise is necessary for effective weight loss. An exercise physiologist design a multi-dimensional exercise program, not only for permanent weight loss, but also for maintaining or increasing lean body mass. This will be tailored to your own unique physiology.

#### Personal Training

Have an exercise physiologist guide you through a one-on-one workout. Whether you have special needs, physical limitations, or are looking for the ultimate challenge in training for a sports event, a workout can be tailored to your goals. Learning proper and safe techniques for your personal physiology is emphasized.

#### Racquetball, Squash & Tennis

Play any of these fast-paced sports to burn calories and get a good workout. There are indoor airconditioned courts for racquetball and squash, and outdoor-lighted courts for tennis.

#### European Facial

A classic facial used for deep, thorough cleaning, toning, steaming, and stimulation. Treatment focuses on pressure points, removal of dead cells, a masque and moisturizing for all skin types. Your hands and feet rest in heated gloves and booties during the facial.

#### Makeup

Makeup Consultation/Application. Become your own makeup artist! During each step of the makeup consultation, you will be learning how to look your best through individualized techniques designed to complement your particular needs and features.

#### Massage

Swedish Massage. The massage can be either stimulating or sedating, depending on the rhythm, strokes and the manipulations used as the therapist works all major muscle groups.

#### *Hydrotherapy*

An underwater massage with aromatic oils and 47 high-pressure jets to relieve sore muscles and promote relaxation, massaging both deep and surface tissues.