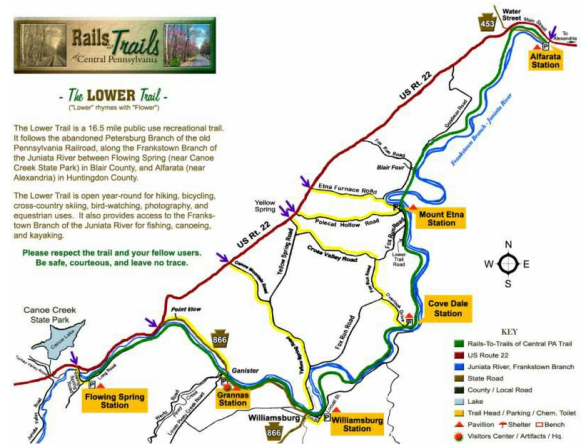




# A Women, Wellness, and Nature Event



Bicycle 11 miles on The Lower Rail Trail to Williamsburg where we will have lunch, do some yoga, and have a drawing for prizes. We will then jump on Frankstown Branch of the Juniata and kayak back to Alexandria. Some experience is required. The price of \$135 includes bicycle rental, kayak rental, lunch, T-shirt and shuttle service. Equipment is limited although you may bring your own. **Registration re-opened for a limited time due to change of date**

**Saturday, June 30th All Day Event**

To sign-up contact Chrystal Spayd at [clspayd48@gmail.com](mailto:clspayd48@gmail.com). or 814 644-3042  
Sponsored by the following, plus B Squared Printing and some very generous women!

