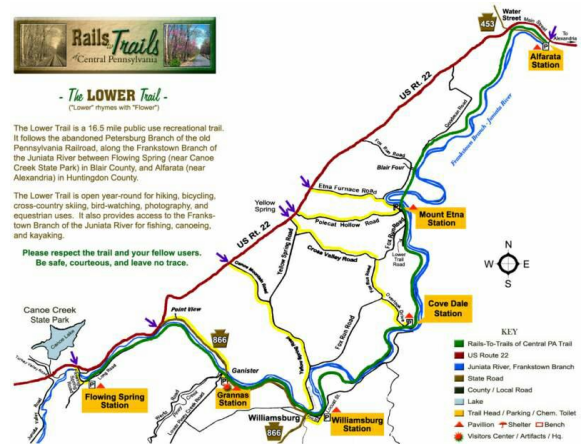


# A Women, Wellness, and Nature Event



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 \$150 includes bicycle rental, kayak rental, lunch, T-shirt, yoga and shuttle service. Equipment is limited although you may bring your own. **Last day to register, May 23th.**

**Saturday, June 1st. With the alternative date of June 29th. 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 some very generous women!

