

# Spiritual Mountain Trip

with the Adult Wellness Program



# January 20<sup>th</sup>, 2025

leaving at **9 am** from Adult Wellness Office with Transportation available

We will be going for our winter trip to the mountains for a Spirit Bath & Pray.

Bring a chair, towel, extra change of clothes, and prepare for a great time of healing. Lunch and water will be supplied but you are welcomed to bring any food or drink to share or that meet your dietary needs

*For more information please contact Farron McCloud at Adult Wellness Center 360-455-5213*