

# **Sliding into Recovery and Wellness**

**At Mt. Valhalla located on County C in  
Washburn, WI**

**January 28, 2020**

**9:30 am—3:00 pm**

**Leave at 10 am from MWC  
(Transportation will be provided)**

**Please Dress WARM!**

**Come join the MWC Relapse Prevention and  
Wellness Groups & Noojimo’iwewin Center,  
for a fun day in the snow, sliding and snow  
shoeing!**



**Hot dogs,  
smores, and  
hot cocoa  
provided!**



**Any Questions please call (715)779-3707  
Ext. 2452 for Sonia  
Ext. 2453 for Sarah**