



LEAPS Services  
"A Hand in Hand Approach"

## Adaptive Hike and Meditation

This is an event for individuals with special needs. Friends and family are welcomed!

### What to Bring:

- Closed Toed Shoes
- Dress for the weather
- Water/Snacks
- A smile!

**Time: 12:30 -1:30 PM**

**When: January 9, 2021**

**Location: La Quinta Oasis Trail**

**\*\*We will be meeting in small parking lot area**

Safety procedures will be put in place by ensuring that everyone is socially distanced and wearing face masks during the entire event.



For questions about this event, please contact Mike at (760)469-9207 or [pppmiker@palmstopinesparasports.org](mailto:pppmiker@palmstopinesparasports.org)