





## 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

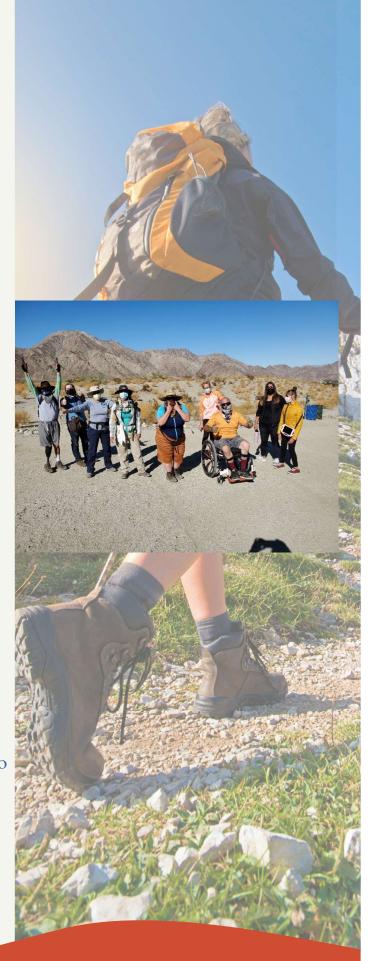
When: January 23, 2021

Location: La Quinta Oasis Trail

\*additional hiking for anybody that would like to stay longer.

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

Safety procedures will be in place by ensuring 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