



Kayaking on Beaulieu

Please join us as the Stockbridge-Munsee Community Health Department takes on a new adventure!

On 07/17/2018 we will be Kayaking on Beaulieu Lake and would love for you to join us! Take time to enjoy the beautiful outdoors while you strengthen your mind, body, and spirit.

We will be having other activities throughout the day to promote Family Fun and Physical Activity. *It is recommended that adults get 150 minutes of physical activity per week and children receive 60 minutes per day!*

CAUTION: The lake is a little rocky by the shore so it would be a great idea to wear shoes or water socks.

Directions:

Leaving the Clinic heading towards the Casino you will stay on County A for approximately 4.9 miles, then you will take a sharp left on Morgan Road. Take your first right onto Upper Red Lake Road for 1.5 miles, at the stop sign take a left onto County Hwy G. Stay on County Hwy G for 4.2 miles. On the corner continue straight to 8750 Beaulieu Lake Lane. Driveway is on the right, you will see a pavilion ahead. Please park near the pavilion.

Any questions please don't hesitate to call.

Thank You!

Date: July 17th

Time: 10:30 AM-6:00PM

Location: Beaulieu Lake, Red Springs

Please feel free to stop by any time between 10:30AM and 6:00PM. We do ask that if you plan on joining us for lunch please RSVP to Anita Mihtukwsun at 715.793.3018 by July 12th.

