

# REMINDER! Health & Wellness Symposium 2026

**WHEN:** Friday, September 25th

**WHAT:** Silver Falls State Park

- 1.1 mile Waterfall Hike
- Games (Soccer, Volleyball, Kickball)

**WHAT'S NEXT:** **Permission slips required!**

**PLAN AHEAD!**

- Dress in layers
  - **Bring a raincoat**
  - **Wear sturdy, closed-toe shoes (i.e., sneakers)**
- Bring a water bottle
- Lunch provided

