



Wild Recovery Hike & Meeting – October 14, 2017

Anniversary Event at Kenneth Hahn Park | Host: Jenny D.

Meet at the parking lot 4100 South La Cienega Blvd, Los Angeles, CA 90056 at around 8:45 AM

Overview: This will be our 1 year celebration. We invite you to join us for a short hike and a potluck BBQ. Please bring anything you would like to share. We usually have about 15-25 people.

This is an easy hike and additional miles can be added if you like. This is a great hike to invite friends may be new to hiking.

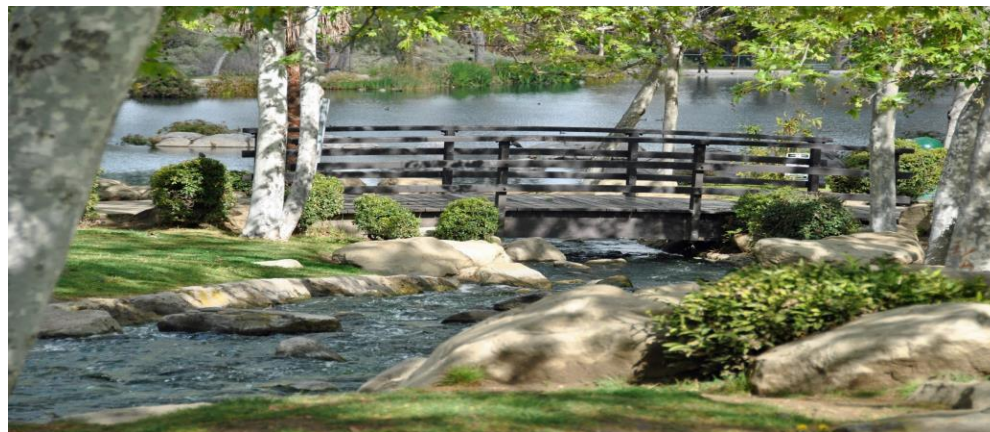
Distance: Approximately 2.8 miles

Elevation gain: 449 feet

Time: +/-4 hours including 1 hour meeting

Directions: Please Google map for directions. There are various ways to go both street access and fwy depending on your location

Wild Recovery SoCal is a group of recovering addicts who meet on the 2nd Saturday of each month to share the message of recovery. Instead of meeting in the same room once a week, we meet monthly in beautiful settings in & around Los Angeles.



Hike Information:

- ✓ Gather at the parking lot, you will see signs.
- ✓ There are restrooms in the park.
- ✓ Dogs must be kept on-leash. Be sure to bring water for them and come prepared to pick up after them.
- ✓ This is a non-smoking trail, hike, and meeting.
- ✓ It is recommended to stay on the trail

Come prepared with...

- ✓ *At least* 2 liters of water
- ✓ Sunscreen – even if it's not hot
- ✓ Proper clothing and footwear: hiking boots or trail-running shoes are recommended

Consider:

- ✓ Bringing a friend
- ✓ Bringing a light weight item to sit on during the meeting
- ✓ Downloading AllTrails or another GPS app to your smartphone
- ✓ Bringing food to share

For more on Wild Recovery SoCal, contact Jenny or Pam at (818) 997 3822, ext. 825 or 826

- ✓ Ask about joining our FB group!
- ✓ Save the date and stay tuned for details of our next hike: November 11, 2017!
- ✓ Check out our website: wildrecoveryso-cal.com