## NCR Trail Trips—Inviting all Hikers and Bikers!

Wednesdays from April 10 to June 12

Join us for trips to various locations along the NCR Trail. *Signup required*. Bus leaves lower level at 9:30am and returns at approximately 11:00am. To sign-up or if you have questions, email <a href="mailto:wellness@broadmead.org">wellness@broadmead.org</a> or call 443-578-x8060.

