## Join The Team River Runner Southern Maryland Chapter For Our Kick-Off Meet-N-Greet!



## Learn About The New



## **Yoga Class And Games**

Team River Runner brings together a diverse group of servicewomen and men, wounded, ill and injured veterans and their family units for a weekly kayaking event. Find the fun with us paddling the beautiful waterways around you. We bring families outside, build social connections, and promote paddling as part of a healthy lifestyle.





Health & Fun through Adaptive Paddling

Saturday April 13, 2019 11:00AM-1:00PM

Team River Runner Southern Maryland Chapter In partnership with VConnections, Inc



Fun For All!!

Gilbert Run Park 13140 Charles St Charlotte Hall, MD

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