

SHOW YOUR SUPPORT FOR THE RESIDENTS AT THE HAVEN WITH



Throughout the month of February we invite you to snowshoe or cross country ski around the groomed track at The Haven.

Enjoy the beautiful scenery and help raise the spirits of our residents - they love to watch the activity outside their windows!



When you sign-up to participate you will receive:

- Goody bag for first 25 people who sign up
- Entry into the Grand Prize drawing for great prizes
- Opportunity to win additional prizes by logging your laps in different challenge categories
- Stop in for a cup of coffee or hot chocolate with our residents after your workout! Please come through the main entrance during daylight hours.

It is free to participate, but donations are appreciated. Learn more and sign up now at havenseniorliving.org.

Questions? Contact Kyleigh Lawler at 970-871-7609 or klawler@northwestcoloradohealth.org 300 South Shelton Lane • Hayden, CO 81639