

# Join The Team River Runner Southern Maryland Chapter On Saturdays For Family Fun and Adventures



**You Are Also Invited To Take Part In The**



## **New Yoga Classes 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  
May 4, 2019  
11:00AM-1:00PM

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



Fun For All!!  
AT  
Smallwood State Park  
2750 Sweden Point Rd  
Marbury, MD

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