

MISSION: Healthy U.P. VETS

REGISTRATION INFORMATION

Space is limited in this program! Early registration is highly recommended as we expect each event to fill up quickly!!

Registration is as easy as 1, 2, 3 !!!

1. Call us at 1-800-379-SAIL or email us at Healthyupvets@upsail.com to receive your registration packet.
 2. Complete your registration packet and mail to:
SAIL-Healthy UP Vets
1200 Wright St, Suite A
Marquette, MI 49855
- Or, return via email to:
Healthyupvets@upsail.com
3. Our staff will contact you to confirm your registration at least 2 weeks before the start of the event.

DON'T MISS OUT...
CALL OR EMAIL US TODAY!



With Respect

Honor

and Gratitude



Thank You

U.P. Veterans!



@SAILDNUP



MISSION:

Healthy U.P. Vets 2017

*A Wellness
Program for Veterans*

It's All About What
You Can Do!

1200 Wright St. Suite A
Marquette, MI 49855
www.upsail.com
1-800-379-SAIL



SAIL, Disability Network of the U.P.

MISSION: Healthy U.P. Vets 2017 is made possible by funding from the SAIL One in Five Annual Appeal and Chocolate Festival. SAIL assists individuals with disabilities and promotes accessible Upper Peninsula communities for all.



Program Information

- Veterans of all abilities and families are welcome!
- Program provided at no cost!
- Opportunities for socialization with friends and the community!
- Wellness events include:
 - ⇒ Meals and hotel provided
 - ⇒ Tailored activity to your physical and social comfort level
 - ⇒ Adaptive equipment and instruction available for all who need it

MARCH EVENT


*Friday and Saturday overnight stay

When: March 3 - 5

Where: Newberry, MI

Activities:

- Dog sledding - Hosted by Nature's Kennel
- Snowshoeing
- Yoga by Mo


Register by Feb 24

SLED HOCKEY/INDOOR ROWING EVENT

*No overnight accommodations available. Multiple day registration requests will be accepted.

When: March 12 - Day One 2 - 4pm - Sled Hockey only

March 18 - Day Two 3 - 5pm - Sled Hockey and Indoor Rowing

Where: Marquette, Lakeview Arena

Activities:

- Try Sled Hockey for Free event hosted by USA Hockey
- Indoor Rowing




Register by March 3

JUNE EVENT

*Saturday overnight stay only



*Demonstration of kayaking knowledge will be a pre-requisite for participating in this event.

When: June 24 - 25

Where: Munising and Au Train

Activities:

- Kayaking the Au Train River
- Hiking/Sightseeing
- Evening camp fire

Register by June 16

LATE AUGUST/SEPTEMBER EVENT

*Saturday overnight stay only

When: TBD upon availability of Golf Course

Where: Marquette, Negaunee, Ishpeming

Activities:

- Glow Golf, Wawonowin Golf Course, Ishpeming
- Bike Tour on Iron Ore Heritage Trail from Negaunee to Marquette (downhill, paved trail)




Register by August 18