Team Building / Dryland Sessions

Please accept this invite to attend Team Building and Dryland Sessions held by SEAC with the partnership of ASDC from the Medicine Hat College.

The dates and times are as follows:

Monday, August 29th through Friday, September 2nd from 2:00 pm to 4:00 pm held at the Medicine Hat College. Please meet with Cory Coehoorn at the Main Entrance. There will be no fees charged for this week of activities. Please bring running shoes, gym gear and a water bottle to all sessions.

Thank you,

Mike Welford