



SWEATLODGE CEREMONY

**WOMENS AND MENS SWEATS TO
RUN AT SAME TIME**

Women's sweat @ Howie's lodge, men's sweat @ Derek Williams lodge

**September
29th, 2019**

**BOTH LODGES
LOCATED IN
GLENEDEN**

**Ceremony
starts at 10am
so come early!**

**ALL WELCOME!
Feast
afterwards.
Bring a
donation for
the cook if you
can**

**FOR MORE
INFORMATION
CONTACT**

Howard shields

250 253 9900