



# YOUTH LIFE SKILLS PROGRAM

**ACTIVITIES:** Land-based teachings, sharing circles, culture and language with topics of health, wellness, nutrition, physical exercise, budgeting, relationships, nutrition, plus off site activities.

**START  
DATE  
FEB. 3RD**

**SPIRIT HEALING LODGE**

**MONDAY 5:00-8:00PM  
SAT. & SUN. 9:30AM-3:30PM**



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