



# WOMEN'S SWEAT LODGE

PHOENIX INDIAN MEDICAL CENTER EVERY LAST THURSDAY OF THE MONTH

TRANSPORTATION PROVIDED PLEASE CALL GLORY (928) 274-2546

PICK UP: CAMP VERDE ROCK CHURCH @ 4 PM

MIDDLE VERDE SOCIAL SERVICE BLDG @ 4:15 PM

TUNLII COMMUNITY BLDG @ 4:30 PM

\*PLANNING TO ATTEND DRINK PLENTY OF WATER AND LIGHT MEALS THRU THE DAY\* WEAR A LONG SKIRT/OR BASKETBALL SHORTS\*BRING TOWEL\*POT LUCK TO FOLLOW BRING A DISH TO SHARE\*TIME OF HEALING\* RETURN BY MIDNIGHT \*