



Rostered Leaders of
North/West Lower Michigan Synod
“YOU MATTER”



Tuesday June 21, 2016
9:30 AM – 7:30 PM

Sleeping Bear National Lakeshore
9922 Front Street
Empire, MI 49630

Rostered Leaders and their families of the North/West Lower Michigan Synod are invited to a day of wellness. The event is provided by Portico Wellness dollars and includes park entrance fee for each car (no limit of individuals) into Sleeping Bear Dunes, box lunch, dinner. Also, reimbursement up to \$50.00 for one night at a hotel of your choice.

HOTELS IN THE AREA:

Howard Johnson: 417 Munson Ave., Traverse City -231-995-0600

Comfort Inn: 460 Munson, Traverse City - 616-828-1082

Best Western: 305 Munson Ave., Traverse City – 231-946-8424

Additional information regarding event is listed on page 2 of the registration form.

PLEASE WEAR COMFORTABLE CLOTHES AND SHOES!

REGISTRATION: NO COST!

NAME: _____

ADDITIONAL FAMILY MEMBERS ATTENDING: ADULTS: _____ CHILDREN: _____

EMAIL ADDRESS: _____

PHONE: _____

DIETARY RESTRICTIONS: _____

Please complete the Registration form and mail by June 3, 2016 to:
North/West Lower Michigan Synod, 2900 N. Waverly Rd., Lansing, MI 48906
or email: annstavros@mittensynod.org.

You Matter – June 21, 2016

Empire and Traverse City, Michigan

9:30 am We will meet at the Sleeping Bear National Lakeshore Visitors Center for orientation to the area and interpretive walk through Glen Haven. Your admission to the National Lakeshore is provided through the Synod Portico Wellness dollars.

Lunch Picnic lunchboxes will be provided with the option of enjoying them at your choice of several locations in the Lakeshore area – wherever your afternoon plans may take you.

Afternoon On your own – Do the Dune Climb, enjoy Lake Michigan or quieter South Bar Lake at Empire Beach/Village Park, watch a life-saving demonstration at Glen Haven, bike the Heritage Trail, enjoy tubing on the Platte River or head to Traverse City for a wide variety of activities there.

You may bring your own bikes or kayaks, or rent bikes, kayaks, and stand-up boards at Sleeping Bear Surf and Kayak in Empire at sbsurfandkayak.com or 231-326-9283

You can arrange for canoeing, kayaking or tubing on the Platte River can be arranged through Honor Trading Post at 231-326-9283

Evening We'll gather in Traverse City for a catered dinner and worship by Grant Traverse Bay. The day's events are expected to conclude by 7:30 pm

After your stay, please mail your **original** hotel receipt for reimbursement of up to \$50.00 for one hotel night to:

Ann Stavros
North/West Lower Michigan
2900 N. Waverly Rd.
Lansing, MI 48906.

Please be sure to include your name and the mailing address you would like the check sent to.