



PO BOX 490 - Silverdale, WA 98383
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Saturday, April 21s

KCMS Hike! Location: Snowshoe Hike at Hurricane Ridge in the Olympic Mtns.
Meet at Rebecca Carlson's home at 7:30am for a 7:45am departure
Please RSVP Rebecca Carlson at kcsmmed@gmail.com

Saturday, April 28th

KCMS Yoga!
Meet at Expansions Yoga (Silverdale) at noon
Please RSVP to Rebecca Carlson at kcsmmed@gmail.com



Sunday, May 20th

14th Annual KCMS Family Fun Run, Health Fair, and Save-a-Life Event! Focusing on the prevention of Childhood Obesity and Stroke Prevention.
On-line Registration opens March 6th at www.kcmedical.org



Friday, June 8th

84th Annual KCMS Spring Dinner Meeting!
Location: The Point Event Center at The Point Casino at 6:30 pm

July 5, 6, 7, 8 (Thur. thru Sun.)

KCMS Executive Board Planning Retreat



Saturday, November 17th

KCMS Holiday Jubilee - "The Grinch"
Kitsap Golf & Country Club from 5:30 - 10pm
This event is a SELLOUT!, Please reserve tickets early by contacting KCMS at 360-689-2928
Tickets \$70 ea.



Winter/Spring Projects: morning meetings, monthly hikes, holiday sharing card fundraiser, foster children shopping project and membership social