



PO BOX 490 - Silverdale, WA 98383  
Office: 360.689.2928  
Email: [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com)

**Wednesday ~ January 31, 2018**

WSMA Legislative Summit ~ Olympia

**Saturday, February 10th**



KCMS Crystal Mountain Ski Event

Charter Ski Bus Transportation & Food Sponsored by KCMS

Lift Tickets **NOT** included

Please RSVP to Rebecca Carlson at [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com) by Feb. 8

**Saturday, February 17<sup>th</sup>**

KCMS Hike! Location: TBD

Meet at Rebecca Carlson's home at 8:45am for a 9am departure

**Saturday, February 24<sup>th</sup>**

KCMS Yoga!

Meet at Expansions Yoga (Silverdale) at 10am

Please RSVP to Rebecca Carlson at [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com)

**Saturday, March 17th**



KCMS Leprechaun Hike!

Meet at Rebecca Carlson's home at 8:45am for a 9am departure

**Saturday, March 31<sup>st</sup>**

KCMS Yoga!

Meet at Expansions Yoga (Silverdale) at 10am

Please RSVP to Rebecca Carlson at [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com)

**Saturday, April 21s**

KCMS Hike! Location: TBD

Meet at Rebecca Carlson's home at 8:45am for a 9am departure

**Saturday, April 28<sup>th</sup>**

KCMS Yoga!

Meet at Expansions Yoga (Silverdale) at 10am

Please RSVP to Rebecca Carlson at [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com)

**Sunday, May 6<sup>th</sup>**

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](http://www.kcmedical.org)



**Friday, June 15<sup>th</sup>**

84th Annual KCMS Spring Dinner Meeting!

Location: The Point Event Center at The Point Casino at 6pm





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**July 13, 14, 15 (Fri. 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