



PO BOX 490 - Silverdale, WA 98383
Office: 360.689.2928
Email: kcsmmed@gmail.com

Saturday, March 31st

KCMS Yoga!

Meet at Expansions Yoga (Silverdale) – time TBD

Please RSVP to Rebecca Carlson at kcsmmed@gmail.com

Saturday, April 21s

KCMS Hike! Location: TBD

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

Saturday, April 28th

KCMS Yoga!

Meet at Expansions Yoga (Silverdale) at 10am

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 15th

84th Annual KCMS Spring Dinner Meeting!

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

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