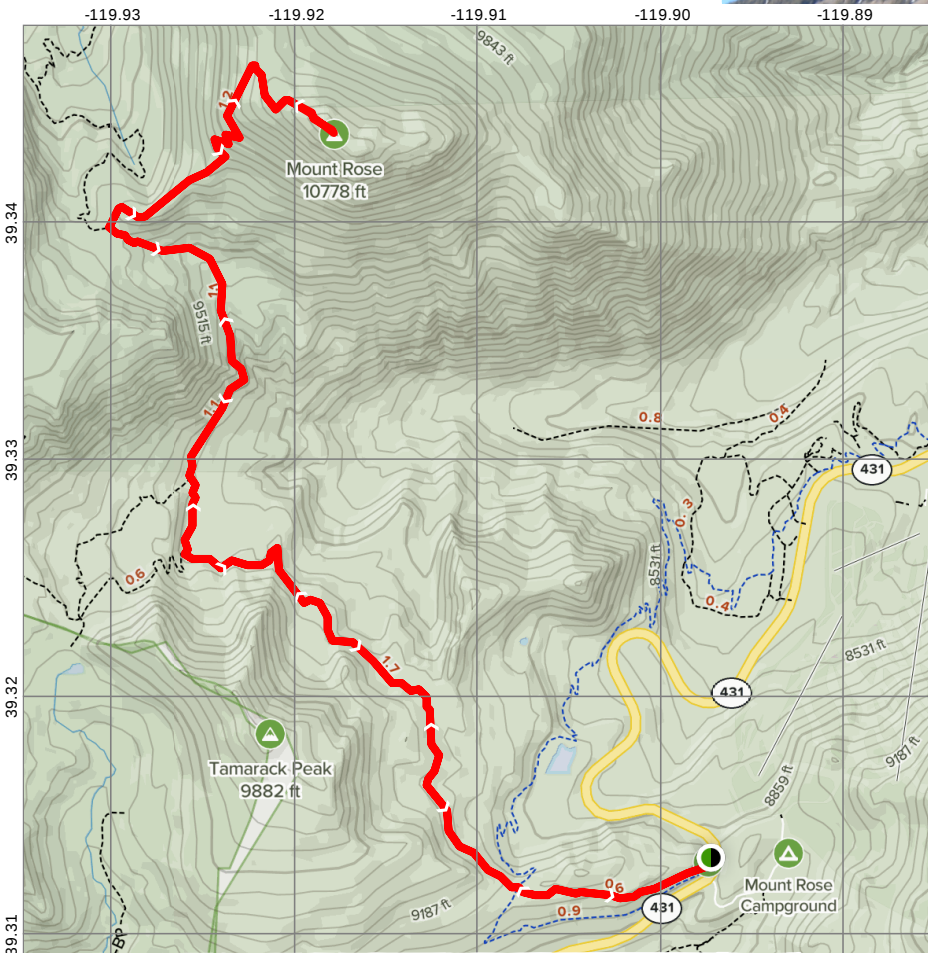
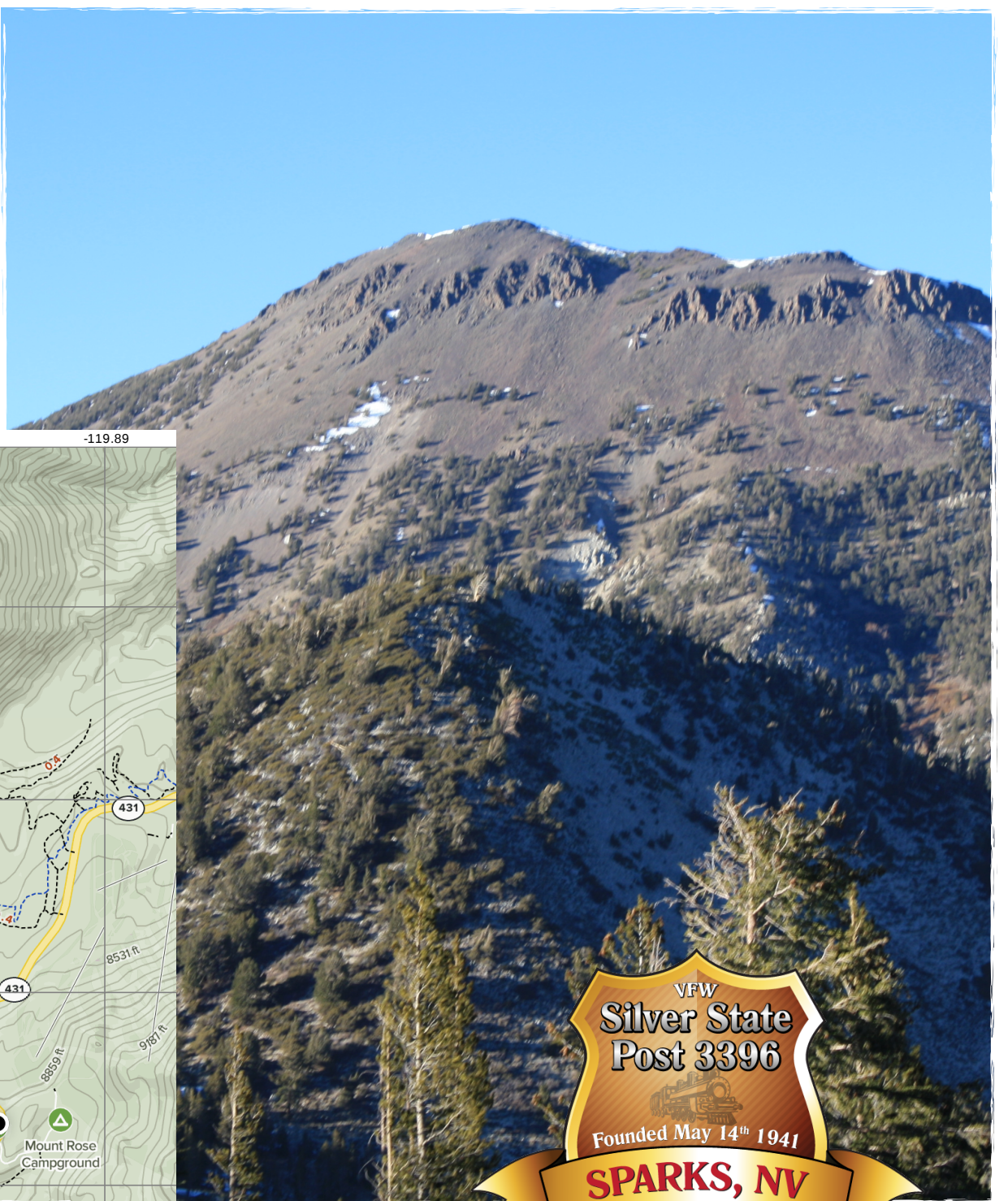


SEP
05



VFW POST 3396 CHANGE DIRECTION MT ROSE HIKE

Know the Five Signs



Feeling like UT? R U Agitated? R U Withdrawn? Caring 4 U? Feeling Hopeless?



VETERANS OF FOREIGN WARS



changedirection

Visit: VFW3396.org for more information or register at eventbrite.com

Mt. Rose Summit Tahoe Rim Trail Trailhead Sept 5, 9am-5pm



The VFW Post 3396 and Nevada Department of Veterans Services have partnered up for a suicide prevention and Change Direction hike up Mt. Rose. The Mount Rose Trail is a 11.8 mile heavily trafficked loop trail located near Incline Village-Crystal Bay, Nevada that features a waterfall and is rated as difficult. The trail to the waterfall is moderate and a well traveled trail. Dogs are also able to use this trail.

We will adhere to all Federal, State and CDC Guidelines and will require each participant that attends follow these simple tips. Please when in crowds social distance and wear masks. We are not allowed to give food or drink, so be prepared and bring drinks and food for the hike. We will have volunteers on the route if you encounter an emergency we will assist in calling the proper emergency agency.