



MEN HEALING

Inspiring Hope, Changing Lives

2022 Advanced WOR: Best Friends Service Project/Hiking Event 4/21 – 4/24/21

EVENT SCHEDULE (Agenda may be adjusted)

Thursday, 4/21/22

3:30 – 5:00 p.m. Check-in at Hotel

6:00 – 9:00 p.m. Group Dinner & Welcome
Overview Orientation
Safety & Introductions

Friday, 4/22/21

6:30 – 7:30 a.m. Optional Mindfulness Walk

7:30 – 8:30 a.m. Breakfast

8:45 – 9:00 a.m. Travel to Best Friends

9:00 – 11:30 a.m. Best Friends Orientation/Site Visit

11:30 – 1:00 p.m. Lunch at Best Friends

1:15 – 3:15 p.m. Volunteer Work Shift

3:30 – 3:45 p.m. Drive to Hotel

3:45 – 5:15 p.m. Free Time

5:30 – 7:00 p.m. Dinner

7:00 – 9:00 p.m. Processing Experiences From Day 1

Saturday, 4/23/21

- 6:30 – 7:30 a.m. Optional Mindfulness Walk
- 7:30 – 8:30 a.m. Breakfast
- 8:45 – 9:00 a.m. Travel to Best Friends
- 9:00 – 11:30 a.m. Volunteer Work Shift
- 11:30 – 1:00 p.m. Lunch at Best Friends
- 1:15 – 3:15 p.m. Options:
(a) Volunteer Work Shift
(b) Moderate Level Hike
- 3:30 – 3:45 p.m. Drive to Hotel
- 3:45 – 5:15 p.m. Free Time
- 5:30 – 7:00 p.m. Dinner
- 7:00 – 9:00 p.m. Processing Experiences From Day 2

Sunday, 4/24/21

- 6:30 – 7:30 a.m. Optional Mindfulness Walk
- 7:30 – 8:30 a.m. Breakfast
- 8:45 – 9:00 a.m. Travel to Best Friends
- 9:00 – 11:30 a.m. Volunteer Work Shift
- 11:30 – 1:00 p.m. Lunch at Best Friends
- 1:00 – 2:30 p.m. Closing Session at Labyrinth
-Walk the Labyrinth & Closing Reflections
-Closing Circle & Checkout
- 2:30 p.m. Ending
-Participants invited to visit Bryce or Zion on their own