



MEN HEALING

Inspiring Hope, Changing Lives

2021 Advanced WOR: Best Friends Service Project/Hiking Event 4/22 – 4/25/21

EVENT SCHEDULE (Agenda may be adjusted)

Thursday, 4/22/21

3:30 – 5:00 p.m. Check-in at Hotel

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

Friday, 4/23/21

6:30 – 7:30 a.m. Optional Yoga/ Qi Gong/ or 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 – 8:30 p.m. Processing experiences from Day 1

Saturday, 4/24/21

- 6:30 – 7:30 a.m. Optional Yoga or Qi Gong or 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 – 8:30 p.m. Processing experiences from Day 2

Sunday, 4/25/21

- 6:30 – 7:30 a.m. Optional Yoga/ Qi Gong/ or 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