



# JUST FOR THE LADIES SKI CLINIC

**December 31, 2016**

**9:00am to 2:00pm.**

**Local Ski Trail & at Out  
There Nordic 502 N Main  
Street, Rice Lake, WI  
54868**

You will have the opportunity to ski your technique of choice, classic or skate. We will make the trek to Out There Nordic for Stretching/Rolling and Yoga followed by lunch. There will be giveaways from Marshfield Clinic and Out There Nordic.

Presenters Kris Hanson L200

Bjorn Hanson L200

April Hill DPT

Jasmine Wiley MD, 200 Hr. RYT

Cost \$45.00

Spots are limited. Cancellation Fee of \$10.00

Online registration at:

<http://outthereshop.com/just-for-the-ladies-clinic-2/>

Contact information Kris @ 715.234.4505

Group ski to follow to Celebrate the Best of 2016. Potluck to follow at Out There Nordic.

