



NA IS A LIFEBOAT IN A SEA OF ISOLATION, HOPELESSNESS AND DESTRUCTIVE CHAOS

**DATE:** AUGUST 23, 2009

**TIME:** 9:30AM

**COST:** 25\$ (**DEPOSIT:** 10\$)

*WHITewater RAFTING FOLLOWED BY A PICNIC LUNCH AT 8912 BOUL. LASALLE, MONTREAL  
A FUN, ADVENTUROUS, & SAFE 2 HOUR WHITewater RAFTING TRIP ON THE LACHINE RAPIDS WITH A  
PROFESSIONAL GUIDE*

**REGISTRATION:**

JOSH: 514-883-6300

CARINE: 514-938-4750

THOMAS: 514-241-1747

ARIEL: 514-467-6106

**DEPOSITS** MUST BE GIVEN TO JOSH, THOMAS, ARIEL OR CARINE **BY AUGUST 9<sup>TH</sup>** TO  
GUARANTEE A SPOT. THERE STILL MAY BE ROOM AFTER AUG. 9, ASK JOSH.

**IF YOU CAN'T MAKE IT, NOTIFY JOSH BY AUGUST 20** AND YOUR DEPOSIT WILL BE REFUNDED

RAIN OR SHINE

- ☺ NO EXPERIENCE REQUIRED, INCLUDING SWIMMING
- ☺ OPEN TO ANYONE (NO RESTRICTIONS ON WEIGHT), FAMILIES, FRIENDS; MIN AGE OF 6 YEARS
- ☺ BRING: BATHING SUIT, TOWEL, SANDALS OR SHOES THAT WILL GET WET, CHANGE OF CLOTHES,  
SUNSCREEN AND PICNIC LUNCH
- ☺ BELONGINGS CAN BE LEFT IN PARTICIPANTS' CARS OR IN THE COMPANY FACILITIES

**This information is available by calling the HELPLINE 514- 249-0555  
Or by visiting the EANA website: <http://www.eana-mtl.org/>**