

# YOUNG

# at HEART

**HAYING** *In the*  
**30's**  
*Cancer Support Society*

TRIP TO MALLAIG, AB  
SAT AUGUST 1ST

## SCHEDULE

11:00 AM - Leave Westlock\*\*

1:00 PM - Arrive Mallaig

7:30 PM - Leave Mallaig

9:30 PM - Arrive Westlock

\*\*bring a lunch | water provided