

# RECOVERY



## In **2024** the MOUNTAINS

**Rolling Thunder River Rafting  
Co.**

**10160 Highway 19 West  
Bryson City, NC 28713**

**Bunkhouse  
Or Tent Camping**

**\$40 per person, includes food  
Children under 10**

**\$25 per child if you do not preregister, please do so upon arrival.**

**Rafting on the Ocoee \$50  
11am Saturday  
12 Years or older**

### **ALL DAY**

Fishing, hiking, shopping, horseback riding, zip line, train ride, and historical!

### **BRING**

Bedding / Camping Gear, Swim Suits, Bug Spray, Flash Lights, snacks, non-cotton clothing for rafting & Guitars!

**Sorry . . .  
No Pets**

T-shirts  
\$20

w/ above graphic  
Order by Aug 16, 2024

**Please pre-register in order for the  
committee to purchase the  
appropriate amount of food!**

# USCANA

## Recovery In The Mountains XXIII

**September 20-22, 2024**

### ***ACTIVITIES***

#### ***\* Friday \****

Registration	Noon
Chicken Nachos	6 pm
Open Discussion Meeting	8ish pm

#### ***\* Saturday \****

Breakfast	8 am
Whitewater Rafting	11am
Lunch Own/ Sandwiches	12pm
Dinner/ Menagerie of meats	6 pm

### ***CAMPFIRE SPEAKER MEETING***

**8:30pm**

#### ***\* Sunday \****

Breakfast	Danish	7-11am
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**11<sup>th</sup> Step Meeting 8:00 am**

**Need every ones help cleaning up please**

### **INFORMATION AND PRE-REGISTRATION**

**[HTTP://WWW.UPPERSCNA.ORG/RECOVERY-  
IN-THE-MOUNTAINS/](http://www.uppercna.org/recovery-in-the-mountains/)**

James R 864-553-6963  
jamesbsa795@gmail.com

Ellen R 864-908-1631  
ellengroberts@yahoo.com

Jillian M 828-774-7683