

# Silver Force Health & Wellness

Experience Lanesboro!

Thursday, July 19th—Sunday, July 22nd



Hike anytime or do the High Ropes Challenge (Saturday)

To register for High Ropes go to [eagle-bluff.org](http://eagle-bluff.org) events page.



## The Music Man

Evening & Sunday matinee performances

For tickets go to [lanesborocommunitytheater.blogspot.com](http://lanesborocommunitytheater.blogspot.com)



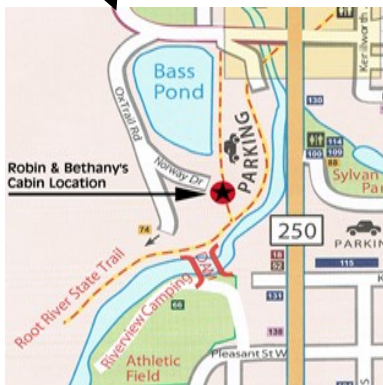
## The Clean House and The 25<sup>th</sup> Annual Putnam Spelling Bee

Shown in rep so you can see both plays – matinees and evening performances – go to [Commonwealththeatre.org](http://Commonwealththeatre.org) for tickets & mention Bethany Krom for a discount.

Enjoy a **Bike Ride** on the Scenic Root River State Trail from Lanesboro to Preston and back (20 miles) or as far as you want to go.

Sunday, July 22<sup>nd</sup> 9:30 am

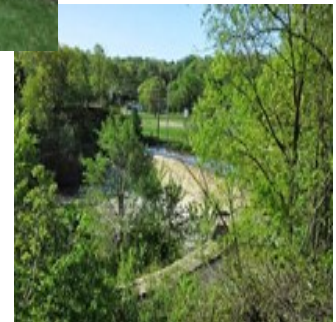
County 8 from Fountain



**Non-bikers** enjoy sitting on the Krom cabin deck next to the falls. We will have lunch at the cabin after the bike ride.

114 Norway Dr., Lanesboro

507-993-2030



For information on **Lodging** go to [Lanesboro.com](http://Lanesboro.com)

Both Scandinavian Inn and O'Leary's Bed & Breakfast are owned by Mayo employees.