



**AUDUBON CENTER  
OF THE NORTH WOODS**

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March 15, 2010

Dear Women's Wellness Weekend participant,

We are very much looking forward to welcoming you on Friday, April 23rd for the 11<sup>th</sup> Women's Wellness Weekend. We have a great line-up of speakers and instructors and currently still have openings, so invite friends to signup. In this document, you will find the weekend schedule, general info, class descriptions and signup form, the required medical/liability form, and driving directions. Both the medical/liability and class signup forms should be **returned to us as soon as possible**. Classes will be assigned on a first come/first serve basis, as forms are returned. Plan on being able to take 2-4 classes on Saturday and 1-2 on Sunday. Please check 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choices. We try hard to accommodate everyone's choices, but sometimes when there are too few people signed up for a particular class, we have to cancel it.

Plan to arrive between 5 and 6 p.m. on Friday to get settled in before dinner at 6:30. We are offering a walking tour of the site (places where classes are being held) at 5:30 p.m. The evening program begins at 7:30 p.m. following dinner. That evening, Connie Garuda, a trained pharmacist and shaman will talk about "*The Science and Spirit of How Nature Heals*" and on Saturday night, Sage Lewis, will speak about "*Finding Balance: Animal and Human Wellness*". Following her talk, there will be a fun introduction to belly dancing, with liquid refreshments to help loosen your joints. If you want to really get into the spirit, **bring along a shawl or scarf** to wrap around your hips (worn over your jeans)!

If you have any questions about the weekend, please don't hesitate to contact us at [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org). If you wish to contact me directly, you can email me at [ravenkate49@hotmail.com](mailto:ravenkate49@hotmail.com). The snow is melting and it looks like spring is returning early to the northland. We look forward to seeing you soon!

Sincerely,

Kate Crowley, Adult Program Coordinator

**PLEASE NOTE: Several of the classes have a materials charge or require you to bring items – please read the class descriptions carefully to determine if there are any materials cost or materials needed.**

# Schedule For May Womens Wellness Weekend

## April 23-25, 2010

### Friday, April 23

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5:00-6:00 pm	Arrive at Center and check in
5:30 pm	Walking tour of campus
<b>6:30 pm</b>	<b>Dinner</b>
7:30 pm	Introduction/orientation – Speaker Connie Garuda <i>“The Science and Spirit of How Nature Heals”</i>
9:30 pm	Campfire and s’mores

### Saturday, May 2

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<b>7:30 am</b>	<b>Breakfast</b>
<b>8:30-12:00</b>	<b>Classes</b>
7:35-12:00	Massage or Reiki times
8:30-11:30	Nature Hike at Banning State Park (fast)
8:30-10:00	Canoeing
8:30-11:30	The Medicine and Spirit of Plants
10:15-11:45	High Ropes
11:00-12:00	Meditation
<b>12:15-1:00 pm</b>	<b>Lunch</b>
<b>1:15-5:30 pm</b>	<b>Classes</b>
1:00-6:00	Massage or Reiki times
1:15-2:45	Mini Spring Scrapbooks
1:15-3:00	Body and Soul Bath Products
1:15-4:15	Loose & Juicy Watercolor
1:30-3:00	High Ropes
3:15-4:15	Meditation
3:15-5:00	Nature Hike at Banning State Park (slow)
3:15-4:45	Yoga
<b>6:30 pm</b>	<b>Dinner</b>
7:30 pm	Evening speaker – Sage Lewis <i>“Finding Balance: Animal and Human Wellness”</i> Belly Dancing with Becky Henn

### Sunday, May 3

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6:30 am	Yoga with Louise Kneeland
<b>7:30 am</b>	<b>Breakfast</b>
<b>8:30-12:00</b>	<b>Classes</b>
7:35-12:00	Massage and Reiki
8:30-10:00	Canoeing
8:30-10:00	Spring Birding and Bird Banding
8:30-10:00	Building a Stronger Bond With Our Pets: Tellington TTouch® and Animal Communication
10:30-12:00	Flower Arranging
10:30-12:00	Nordic Walking
10:30-12:00	Facials with Sensaria
10:30-12:00	Yoga
<b>12:15</b>	<b>Lunch</b>
1:00 pm	Closing

# Women's Wellness Weekend

*April 23-25, 2010*

## **General information**

**Start and finish times:** Please plan to arrive at the Audubon Center on Friday between 5-6 p.m. The program will officially end following the Sunday lunch and closing – between 1-2 p.m.

**Meals:** Meals are served cafeteria style in the dining hall. Vegetarian diets can be accommodated, very specialized dietary needs cannot. Please call the coordinator in advance if you have any questions.

**Phones:** There is a phone in the lodging hall and the dining hall. You must use a credit card or call collect for long distance outgoing calls. Cell phones have very limited and spotty service at our location. The only phone that messages can come into is the center's phone, which is located in the office. All messages should be between the hours of 8:00 a.m. to 9:00 p.m. - messages will be delivered at the next meal. The telephone number is (320) 245-2648. There is an answering machine to take messages when no one is in the office. The fax number for the center is (320) 245-5272. Wireless internet service is available in the dining hall and Crosby Lodge.

**Cigarette smoking:** not allowed in any of the buildings; please use the ashcans by the building entrances.

**Location of ACNW:** The Audubon Center of the North Woods is located about 90 miles north of the Minneapolis/St. Paul metropolitan area and about 70 miles south of Duluth. The center is situated on 535 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, Minnesota. A map is enclosed.

**Accommodations:** each dormitory room accommodates 3-4 adults (participants will be housed in either Crosby or Lowry Lodges). Each room has its own private bath. The dorm rooms are very basic - **no tv, radio or clocks**. There is a washer and dryer available to you in the Crosby Lodge. Each use is \$1.00. The machines take quarters.

### **Clothing and equipment note:**

Many of the classes will involve time outdoors, so watch the weather before hand and pack accordingly. We would suggest that you bring clothing for both warm and cool days, boots for walking in the woods, and a good rain coat, in case we get some spring showers. **Please bring your own toiletries (soap, shampoo, toothpaste and medications) and towels.** We will provide bedding (blankets, sheets, and pillows; however, you may prefer to bring your own sleeping bag and pillow).

**Gift store:** We have a small gift store where some toiletry items can be bought, as well as cards, books and other gift items.

**If you have any further questions, please do not hesitate to write or call.**

# Women's Wellness Weekend

## *Session Pre-Registration Instructions*

### **Here's what you need to do:**

1. Read through the class descriptions and take a look at the schedule (please note that several of the classes have a small materials fee payable directly to the instructor at the start of the class)
2. On the Session Pre-Registration form (after the class descriptions), in each of the three time periods (8:30-noon and 1:15-5:30 on Saturday and 8:30-Noon on Sunday) mark your 1<sup>st</sup> choice, 2<sup>nd</sup> choice and 3<sup>rd</sup> choice (indicated by writing in "1", "2" or "3" in front of the individual classes) – you will then have marked 3 classes in each time period.
3. Note which classes you absolutely don't want to take by drawing a line through the class
4. On the bottom of that form, if you are interested in the complimentary seated massage or a Reiki session, mark your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> time slot preferences. If you'd like a longer session – put a check next to which amount of time (each additional 10 minutes is \$11 so a 20 minute massage = \$11 or 30 minutes = \$22).
5. After you have made your selections, please fax or mail this form back to **us as soon as possible** – classes and massage/reiki times will be assigned on a first come/first served basis as forms are received

When you arrive on Friday evening, you will be given a schedule with your classes and massage times. We will also try to email these to you ahead of time.

***Thank you!***

# Women's Wellness Weekend

## Class Descriptions

Several of the classes have a small materials fee and/or 'to-bring' items, so *please read each class description carefully.*

### Body and Soul Bath Products

In the Body and Soul class taught by Dawn Sorenson, you will have the chance to make, try and take several items. This year we'll do: a Brain shake that is great food for the brain and has lots of antioxidants in it, a massage oil that you can also use in the bath with different herbs and essential oils to choose from, and last we'll make some scrubbing sacks that smell good and are great for your skin. You will also leave with the recipes so you can make more when the originals are gone. **Cost per person is \$5 for materials.**

### Building a Stronger Bond With Our Pets: Tellington TTouch® & Animal Communication

What would it be like to truly understand your pet's behavior? How would you feel if you knew how to help them reduce stress, focus, improve balance and harmony? Join Sage for a fun, informative and interactive session that will leave you with a wonderful array of hands-on tools to help you and your pets become happier, healthier and better behaved. Bring photos of pets (no live pets, please).

### Canoeing

An introductory class or a refresher for those who have canoed in the past (weather permitting). Learn the basic techniques for entering and disembarking from a canoe and the strokes needed to go forward, turning and stopping. Once you have taken the class, you may use the canoes during the weekend in your free time.

### Facials and Sole Repair with Sensaria

Lisa Carmichael will introduce you to the Sensaria products that are designed for Facials. You will leave this class feeling fresh faced and radiating health. In this class you will enjoy a Oshibori Spa – a hot towel treatment with a relaxing deep-breathing exercise ... with soft spa music to relax you **AND** a Spa-like Facial. You will work with products for your skin type. You will be walked through a 4-step spa facial, which will include how to repair and protect. Leave with that after-spa glow! You will also have a chance to soak your feet in an exquisite aromatherapy bath oil, exfoliate and soften skin with natural exfoliating properties of apricot seed, sea salt and sugar. Your feet will be "sandal-ready" with an intensive moisturizing cream.

### Flower Arranging

During this class, you will learn the basics of making beautiful floral arrangements and you'll be amazed at how simple it can be if you follow some simple rules. You will create and take home two lovely flower arrangements. For this class you should bring along 2 vases – a narrow one for a few stems and another that is shorter, with a larger opening (a little flowerpot would work) for a fuller arrangement. Bring home beautiful reminders of the weekend and the spring season. **Cost per person is \$10 for materials.**

### High Ropes Course

Challenge by Choice is how we describe this outdoor, physical activity. This is an opportunity to push yourself beyond your comfort zone, by donning harness and helmet and safety lines, in order to scale the pole and reach the elements. You'll be 20' above ground, but safely harnessed to overhead cables. Then you can choose to go through all 5 elements and the zip line or take the short cut after crossing 2 of the elements and heading over to the zipping platform. Either way, you'll find it an exhilarating experience and the view of the spring landscape from that height is unbeatable. You work with a ground partner, who encourages you and makes sure you follow all the safety procedures. Once through, you'll be asking to go up again

### Loose & Juicy Watercolor Painting

During this class, you will learn a few basic drawing skills then move on to composition, color wheel, blending and other techniques such as using salt, gauze and plastic wrap to create lovely works of art to take home with you. For all levels of watercolor experience. You may also want to wear an apron or old shirt. **Cost per person is \$10 for materials.**

### Medicine and Spirit of Plants

Experience the world of the plant kingdom. This experiential workshop teaches the spiritual and medicinal healing use of the plants that grow all around us, just as the indigenous Amazonian healers have done for millennia. Learn the science behind human-plant communication. In this outdoor experiential, participants will journey with the aid of drum rhythm to a dream state where they will be taught how to connect with the plant kingdom and learn of their plant spirit medicine. No previous experience of any kind is necessary, just an open mind and heart. All are welcome. Participants should bring suitable layered outdoor clothing; colored pencils/crayons, and drawing paper/ notebook. Recommended reading: *Jungle Medicine* by Connie .

### Meditation

Dee Ziegler, with her soothing voice, will lead you through a guided meditation session. This is a relaxing, comfortable way to decompress and de-stress, learning techniques you can use everyday.

### Mini Spring Scrapbooks

Melissa Egger is bringing her creative genius to the weekend with a fun class where you will create a keepsake scrapbook made from brown paper bags. It comes as a pre-cut kit, so you will have time to add embellishments and the photos of your choice. Besides learned how to put it together, you will go home with written instructions to make more for yourself or to give as gifts. Plan to use 11 photographs. **Cost per person is \$5 for materials.**

# Women's Wellness Weekend

## *Class Descriptions*

### Nature Hike at Banning State Park (fast)

This hike will be faster and longer in duration (approx. 3.5 miles). We will go to Banning State Park (9 miles away – by Center van) and explore the beautiful Kettle River canyon at the height of fall color season. There is some rock scrambling involved, but no technical climbing. Should be comfortable with climbing over uneven terrain. Kate Crowley has explored this park for many years and will take you to areas the average visitor rarely visits. The scenery is always spectacular. Hike will go rain or shine

### Nature Hike at Banning State Park (slow)

This hike will be more leisurely and shorter in duration. We will go to Banning State Park and explore the beautiful Kettle River canyon at a slower pace to look at some of the plants and the colorful maple and aspen leaves. Hike will go rain or shine.

### Nordic Walking

This is the "Hot" new form of aerobic exercise. The Scandinavians have been doing it for years - hence it's name. Nordic Walking uses special walking poles to enhance the aerobic and muscle building aspects of hiking. Your instructor Clarissa Ellis has been doing it for several years. She will bring the walking poles for you to try. Limited to 9 participants.

### Spring Birding and Banding

This class will be a combination introduction to birding and a demonstration of bird banding (catching birds in a mist net and putting ID bands on their legs). Clarissa is an excellent instructor and loves introducing people to the lifelong hobby of watching birds. This is a great time to take this class, since the return of the neotropical songbirds is just beginning. Expand your knowledge and see more of the Center property. You may even get to hold a wild bird in your hand.

### Yoga

You don't need to have taken any yoga before this class. In the practice of Kundalini Yoga each individual does what your body is capable of, perhaps pushing your own personal limits just a bit, but it is not as challenging as some Hatha yoga postures. Kundalini is gentle yoga with a meditation component. Sunday morning session is called the ambrosial hour which means anything particularly delightful. In either session, one may sit in a chair for this yoga if the floor is not comfortable. Recommend bringing a yoga mat, although we do have camping pads which can be used.

### Seated massage and Reiki

10 minutes of either a seated massage or reiki session are included in the weekend package. 20 and 30 minutes sessions are also available (\$1 per minute after the first 10 minutes). vitalization of body, soul and mind; balance and amplify the body's energies.

# Women's Wellness Weekend

## Session Pre-Registration

### Class Preferences (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices)

Please pick 1st choices, 2nd choices, and 3rd choices in each column below (i.e., put a "1" by first choices, etc.).

<p>Saturday, April 24 - morning</p> <hr/> <p><i>Massage &amp; Reiki throughout day</i></p> <p><b>8:30-Noon Classes</b></p> <p><input type="checkbox"/> 8:30-11:30 – Nature Hike at Banning State Park (fast)</p> <p><input type="checkbox"/> 8:30-10:00 – Canoeing</p> <p><input type="checkbox"/> 8:30-11:30 – The Medicine and Spirit of Plants</p> <p><input type="checkbox"/> 10:15-11:45 – High Ropes Course</p> <p><input type="checkbox"/> 11:00 – 12:00 - Meditation</p>	<p>Saturday, April 24 - afternoon</p> <hr/> <p><i>Massage &amp; Reiki throughout day</i></p> <p><b>1:15-5:00 p.m. – Classes</b></p> <p><input type="checkbox"/> 1:15-2:45 – Mini Spring Scrapbooks (\$5)</p> <p><input type="checkbox"/> 1:15-3:00 – Body and Soul Bath Products – (\$5)</p> <p><input type="checkbox"/> 1:15-4:15 – Loose &amp; Juicy Watercolor (\$10)</p> <p><input type="checkbox"/> 1:30-3:00 – High ropes</p> <p><input type="checkbox"/> 3:15-4:15 - Meditation</p> <p><input type="checkbox"/> 3:15-5:00 – Nature Hike at Banning State Park (slow)</p> <p><input type="checkbox"/> 3:15-4:45 – Yoga</p>	<p>Sunday, April 25 – morning</p> <hr/> <p><i>Massage &amp; Reiki 7:35 a.m. - noon</i></p> <p><input type="checkbox"/> 6:30 a.m. – Yoga</p> <p><b>8:30-Noon – Classes</b></p> <p><input type="checkbox"/> 8:30-10:00 – Canoeing</p> <p><input type="checkbox"/> 8:30-10:00 – Spring Birding and Banding</p> <p><input type="checkbox"/> 8:30-10:00 -Building a Stronger Bond with Our Pets: Tellington TTouch and Animal Communication</p> <p><input type="checkbox"/> 10:30-12:00 – Flower Arranging (\$10)</p> <p><input type="checkbox"/> 10:30-12:00 – Nordic Walking</p> <p><input type="checkbox"/> 10:30-12:00 – Facials with Sensaria</p> <p><input type="checkbox"/> 10:30-12:00 – Yoga</p>
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### Massage – type, length, desired timeframe

1. Select either massage or Reiki, not both:

I WOULD LIKE MASSAGE

- OR -

I WOULD LIKE REIKI

2. Select length of session desired

10 minutes (**part of the package**)

20 minutes (\$11)

30 minutes (\$22)

3. Select timeframe choices:

Put '1' in your top time preference, '2' in your second time choice and '3' in your third choice – we will try our best to schedule your massage/reiki within your time preference

Saturday early morning

Saturday early afternoon

Sunday early morning

Saturday late morning

Saturday late afternoon

Sunday late morning

Your name \_\_\_\_\_

**Please fax or mail this form as soon as possible to:**

**ACNW, PO Box 530, Sandstone, MN 55072**

**Fax: 320-245-5272**

## Audubon Center of the North Woods

Ph. 320.245.2648

Toll Free 888.404.7743

### “Suggestions on what to Bring to the Audubon Center” For Groups/Conferences

- \_\_\_\_\_ Towels & Washcloths
- \_\_\_\_\_ Soap
- \_\_\_\_\_ Shampoo
- \_\_\_\_\_ Toothbrush & toothpaste
- \_\_\_\_\_ Personal Toiletries & Medications
- \_\_\_\_\_ Alarm clock
- \_\_\_\_\_ Reading lamp/book light
- \_\_\_\_\_ Calling Card (For long distance calls. Cell phones are not reliable at our location)
- \_\_\_\_\_ Appropriate outerwear for exploring the great outdoors
- \_\_\_\_\_ Comfortable walking shoes or boots (we have over 7 miles of trails)
- \_\_\_\_\_ Camera, binoculars
- \_\_\_\_\_ \*\*Water bottle

**NOTE:** Questions have been asked about our alcohol policy. We do allow alcohol at the center when school groups are not present, such as during Women’s Wellness & Adventure Weekends. So feel free to bring beverages of your choice to enjoy in moderation.

\*\* Please be aware that our water comes from a well and has a lot of iron and minerals in it. Although the water in the dorms may smell and taste different from the water you are used to, it is not harmful to use or consume. We have two drinking fountains in the dining hall that are double filtered to take out much of the natural metallic taste of the water. You may fill water bottles from these fountains any time the dining hall is open.

Group: \_\_\_\_\_

**CONFIDENTIAL MEDICAL FORM**  
This Form MUST be completed by all guests.



\_\_\_\_\_  
Last Name: \_\_\_\_\_ First Name \_\_\_\_\_  
\_\_\_\_\_  
Mailing Address \_\_\_\_\_ Suite/Apt. # \_\_\_\_\_  
\_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Emergency Contact**  
\_\_\_\_\_  
Name \_\_\_\_\_  
\_\_\_\_\_  
Relationship \_\_\_\_\_  
\_\_\_\_\_  
Daytime Phone \_\_\_\_\_  
\_\_\_\_\_  
Evening Phone \_\_\_\_\_

**Primary Physician (s)**  
\_\_\_\_\_  
Name \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
\_\_\_\_\_  
Name \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_

**Insurance Information**  
\_\_\_\_\_  
Carrier \_\_\_\_\_  
\_\_\_\_\_  
Policy # \_\_\_\_\_  
\_\_\_\_\_  
Group # \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_

1. Do you have any of the following conditions?  
Epilepsy/seizures      bleeding/clotting disorder      heart disease  
Asthma/emphysema      high blood pressure      diabetes  
OTHER: \_\_\_\_\_
2. Allergies (food, environmental, medication): \_\_\_\_\_  
No known allergies
3. List any medications taken on a daily basis (or attach separate sheet):  
\_\_\_\_\_  
Do not currently take medications
4. Do any medications require refrigeration?  
Yes      No medications require refrigeration
5. Do you have any other Medical Condition of which the Center should be aware? (describe below)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Will you have any special Medical requirements during this event?  
Yes      No  
\_\_\_\_\_  
\_\_\_\_\_

I hereby release the above information for use of the Audubon Center of the North Woods and/or any other Medical personnel who might need to provide care to me during this event.  
In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ASSUMPTION OF RISK and LIABILITY RELEASE**

I will be participating in a program, conference or retreat at the Audubon Center of the North Woods. I acknowledge and am aware that this event involves certain inherent risks which I am prepared to accept. These risks may include (but are not limited to) inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Audubon Center sites; and other peoples' actions.

Accordingly, I hereby release the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless the Audubon Center of the North Woods for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

Participant Name \_\_\_\_\_

Participant Signature \_\_\_\_\_

Address \_\_\_\_\_

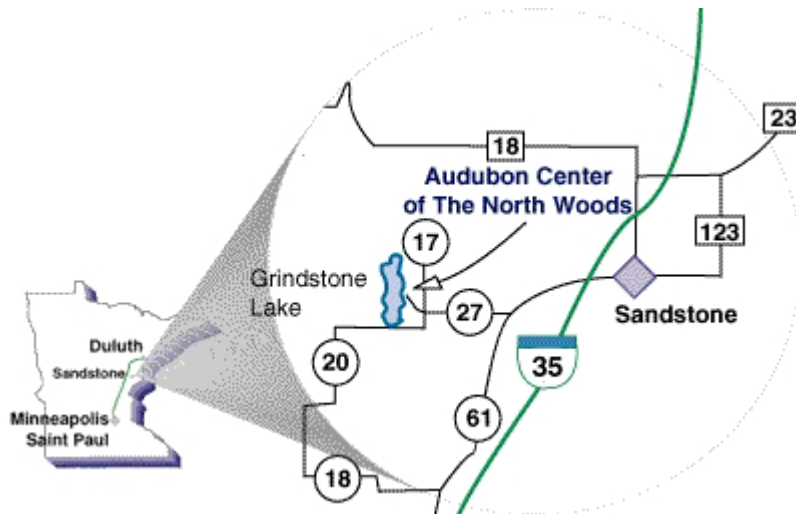
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_

**Photo Release Permission**

The undersigned hereby allows the Audubon Center of the North Woods to use photographs of the participants taken during the Audubon programs for use in promotional materials.

Participant Signature : \_\_\_\_\_ Date \_\_\_\_\_



### **Directions to the Audubon Center From the Twin Cities and Duluth:**

From Interstate 35, exit on the Sandstone Exit 191. Go southwest on County road 61 just over two miles. Take a right on County Road 27, cross the Munger bike trail, turn left (Grindstone Lake Road) and go just over three miles. Take a right on County Road 17 (Fox Road). Turn left between the stone pillars (Audubon Road). Follow this road to the office - one mile. (There will be signs the whole way)