



Hike with the PEAK Performers!

We host hikes twice a month on Saturdays

- At parks around DFW
- Suggested contribution of \$10/per person
- TRAINED physical therapists and volunteers will be present for your safety!



How to get involved...

1. Sign a new COVID-19 waiver to address risks
2. WEAR a mask! Although the state of Texas has released the mandatory mask mandate,
 - YOUR safety is our top priority.
 - Everyone who wishes to attend must wear their masks AT ALL TIMES!

***We highly encourage you be vaccinated BUT it is not required

Check out our calendar for dates of the hikes: <https://www.tribewellness.org/calendar>
Follow us on facebook and instagram: @TribeWellnessLLC