

Four Steps to a Great Time

Camping isn't just for kids. In a recent study, camping during Memorial Day Weekend has been shown to effectively increase the amount of dopamine released in the brain. This effect is mainly due to the enjoyable exercise, funny jokes, skits and games, and great company that make up a spectacular camping experience. They study has been boiled down to four simple steps. They are detailed below. The researchers of this study encourage you to take part in the Memorial Day Weekend Goan Camping Excursion, May 25 - 28, 2007.

1.



Don't hesitate, space is limited. This is the opportunity to take your family on a memorable outing. Mail your checks in today.

Three nights: \$170 per adult; \$145 per child (age 4+)

Two nights: \$120 per adult; \$100 per child

2.



Pack your bags. Don't forget to bring your best singing voice for the campfire and your sense of humor for the games.

3.



Hop in the car and observe the speed limit - we know this is exciting, but please be safe. (Directions will follow.)

YMCA Greenkill, McAlister and Talcott
300 Big Pond Road,
Huguenot, NY 12746

4.



The fourth and final step is to breathe in the fresh air. Once you're one with the great outdoors, you'll find it hard to leave.

Memorial Weekend Goan Camping Excursion, May 25 - 28, 2007

Name			
Address			
ADULTS		x 3 nights <input type="checkbox"/> \$170=	x 2 nights <input type="checkbox"/> \$120 =
CHILDREN Age 4+		x 3 nights <input type="checkbox"/> \$145=	x 2 nights <input type="checkbox"/> \$100 =
TOTAL ENCLOSED =			

Make check payable and mail to:
Goan Association of New York • P.O. Box 5234 • Flushing, NY 11352

