

Join the Swan Rangers!

Enjoy and Protect the Flathead's Backyard Wilderness!

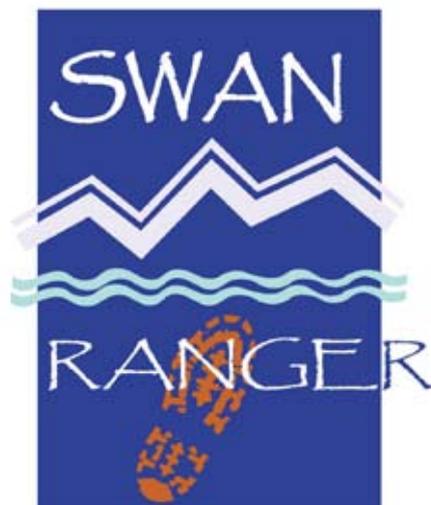


Email keith@swanview.org for weekly:

**Info and photos about our Saturday Swan Ranger outings.
Articles about the cultural and natural history of the Swan Range.
Opportunities to help protect the forest for fish, wildlife and families.**

(We respect privacy and won't share your email address!)

www.swanrange.org





Family fun in nature . . .

Conservation is Healthy and Fun!

*When you participate in
non-motorized recreation,
you help:*



. . . away from noise and pollution.

1. Lower stress and the incidence of heart disease, diabetes, and depression.
2. Respect the needs of fish, wildlife and people for peace, quiet and clean habitat.
3. Conserve fossil fuel and make America more energy independent.
4. Make trails safer for quality time with friends and family.

As one health expert put it: *“Exercise is the cheapest medicine one can have and attacks the most number of diseases. It’s the one medicine that actually makes us feel better when we take it, and it’s free.”*

As the Swan and Flathead Valleys grow, conserving nearby public lands like the Swan Range is essential to our public health and wellbeing.

Please help us foster a safe and healthy Swan Range Community.
Email keith@swanview.org and visit www.swanrange.org for more information
or to make a secure, on-line donation.

The Swan Rangers is a community-building initiative of the non-profit Swan View Coalition, 3165 Foothill Road, Kalispell, MT 59901.

