

# NEWSLETTER



**TRI** MAINE CANCER FOUNDATION  
**for a Cure**

## FREE REGISTRATION

Have you ever wanted to compete in the TRI FOR A CURE with Maine Cancer Foundation?

### LETS REPRESENT SMCC TOGETHER

We are looking for single participants AND groups to sign up and represent the SMCC Community this year on Sunday, July 20.

To use the free registration code for TRI FOR A CURE you must be an SMCC staff member, student or faculty member.

#### To sign up, contact:

Josh Hurd  
SMCC Conference & Events Manager  
jhurd@mainecc.edu

- *Maine Maple Sunday*
  - March 30
- *Wellness Weekend*
  - April 11 - 13
- *Mother's Day Tea*
  - May 10
- *Stay for Graduation*
  - May 17 & 18
- *FREE Tri For a Cure*
  - Signup through May 1 ONLY!

## McKernan Inn & Events

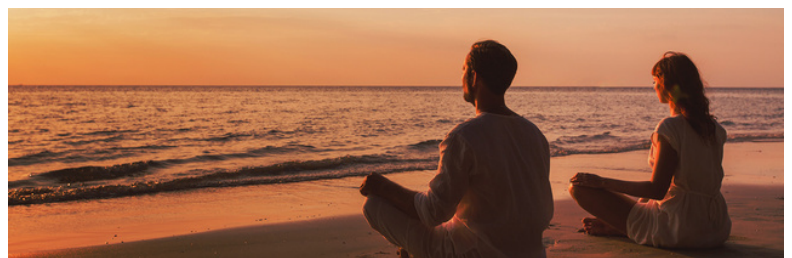
## WELLNESS WEEKEND

### April 11 - 13

Wellness weekend includes three days of relaxing and meditating at the McKernan Inn on SMCC's South Portland campus. During this time you can rejuvenate after the long Maine winter. The weekend schedule includes yoga sessions, meditation time, and lots of time for personal reflection.

Breakfast is included each day, as well as a lunch on Saturday. Included in this weekend is a reservation at Gooley Gump Designs to make a personalized 'sea glass plant art' image.

[For More Info >>](#)



## Maine Maple Breakfast March 29 & 30

Stay at the McKernan Center Inn & Events on March 29 and wake up to a yummy Maine maple breakfast on Sunday morning.

### Menu includes:

Maple granola with blueberries and yogurt, freshly baked scones with maple butter, blueberry maple breakfast bake, poached eggs on maple sausage and caramelized sweet potato hash, and pepper maple bacon.

[For More Info>>](#)



## Stay Graduation Weekend May 17 & 18

Stay at the McKernan Inn over graduation weekend and receive 20% off when you use the promo code **SMCCGRAD**

[For  
More  
Info>>](#)



## Mother's Day Tea & Tides May 10

Our popular Tea & Tides returns with a special Mother's Day menu. Show Mom how much you love her this year by reserving your spot for this special high tea.

For more info, please email [smccmckernaninnandevents@mainecc.edu](mailto:smccmckernaninnandevents@mainecc.edu)