

Friday, August 7, 2020

Forest Therapy Walks at Ken Reid Conservation Area

Date and Time: Friday, August 7 05:00 p.m. - 7:30 p.m.

Event Location: 277 Kenrei Road

We all know how good being in nature can make us feel. We have known it for centuries. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air — these things give us a sense of comfort. They ease our stress and worry, help us to relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us.

Now, thanks to the generous support of [Enbridge](#), you can enjoy the benefits of forest bathing yourself, for free.

[Kristie Virgoe, Director, Stewardship and Conservation Lands](#) and a certified Forest Therapy Guide, will lead small groups on a rejuvenating forest therapy experience.

Registration is required for these free events.

Donations to Kawartha Conservation are greatly appreciated and can be directed to areas you'd like to support. [Donate Today](#).

Friday, August 21, 2020

Forest Therapy Walks at Ken Reid Conservation Area

Date and Time: Friday, August 21 09:00 a.m. - 11:30 a.m.

Event Location: 277 Kenrei Road

We all know how good being in nature can make us feel. We have known it for centuries. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air — these things give us a sense of comfort. They ease our stress and worry, help us to relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us.

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<http://calendar.kawarthaconservation.com>