

Wednesday, January 25, 2023

Forest Therapy Walk in support of Mental Health

Date and Time: Wednesday, January 25 09:30 am - 11:00 am

Address: 277 Kenrei Road

Join certified Forest Therapy Guide, Kristie Virgoe on a 90-minute mindful exploration in nature at Ken Reid Conservation Area in support of mental health.

In addition to reducing stress and improving mood, spending time in nature has also been linked to improved cognitive function and creativity. Studies have found that being in nature can improve memory and attention, as well as increase problem-solving skills and creativity.

Forest bathing is best done alone, or with a small group. The goal is to fully immerse yourself in the present moment, and to relax and let go of any stress or distractions. It is not exercise, or hiking, or jogging. It is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell, and touch.

Come and experience nature, and yourself, in a new way.

This event is free. Donations in support of the Canadian Mental Health Association are greatly accepted and appreciated.

Forest Therapy Walk in support of Mental Health

Date and Time: Wednesday, January 25 11:30 am - 1:00 pm

Address: 277 Kenrei Road

Join certified Forest Therapy Guide, Kristie Virgoe on a 90-minute mindful exploration in nature at Ken Reid Conservation Area in support of mental health.

In addition to reducing stress and improving mood, spending time in nature has also been linked to improved cognitive function and creativity. Studies have found that being in nature can improve memory and attention, as well as increase problem-solving skills and creativity.

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Forest Therapy Walk in support of Mental Health

Date and Time: Wednesday, January 25 01:30 pm - 3:00 pm

Address: 277 Kenrei Road

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