

## Friday, July 16, 2021

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### Biomonitoring in the Kawartha Watershed

Date and Time: Friday, July 16 12:00 pm - 12:30 pm

Address: 277 Kenrei Road

Aquatic biomonitoring is the science of using living organisms to track the condition of our water resources, for example streams, wetlands, and lakes. These organisms require an aquatic environment for all or a significant part of their life cycles and as such changes in their populations can provide significant insight into the health of our waterways.

Join Kawartha Conservation Aquatic Biologist Brett Tregunno for our next Integrated Watershed Management Speaker Series Event and learn how Kawartha Conservation's Environmental Monitoring program uses bottom-dwelling aquatic invertebrates (e.g., insects, spiders, worms, crustaceans, etc.) to evaluate the condition of local streams, with particular focus on the communities that we typically encounter in the Kawartha watershed.

## Friday, July 30, 2021

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### Forest Therapy Walks at Ken Reid Conservation Area

Date and Time: Friday, July 30 09:00 am - 11:30 am

Address: 277 Kenrei Road, Lindsay, Ontario K9V 4R1

Join certified Forest Therapy Guide Kristie Virgoe for an engaging and interactive Forest Bathing experience at Ken Reid Conservation Area on Friday, July 30.

This 90-minute exploration of nature and our connectivity with the world around us is suited for both newcomers to forest bathing as well as those who have enjoyed the practice previously.

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.

Thanks to the generous support of [Walmart Canada and the Community Giving Donation Program](#), we are offering the Forest Bathing session for \$10 per registrant, with proceeds supporting the Canadian Mental Health Association.

