

## Friday, September 16, 2022

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### Forest Therapy Walk at Ken Reid Conservation Area September 16, 2022

Date and Time: Friday, September 16 09:30 a.m. - 12:00 p.m.

Address: 277 Kenrei Rd, Lindsay, ON K9V 4R1277 Kenrei Rd, Lindsay, ON K9V 4R1

Join certified Forest Therapy Guide Kristie Virgoe for an engaging and interactive [Forest Bathing](#) experience at [Ken Reid Conservation Area](#) on Friday, September 16th.

This 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. Participants will walk slowly through the forest, taking in the sights, sounds, smells, and feelings of the forest while reflecting on their relationship with nature.

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 [Kawartha Credit Union](#), we are offering the Forest Bathing session for \$10 per registrant, with proceeds supporting the Canadian Mental Health Association.

## Saturday, September 24, 2022

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### Port Perry Community Tree Planting Day

Date and Time: Saturday, September 24 10:00 a.m.

Address: 1655 Reach Street, Port Perry ON L9L 1P21655 Reach Street, Port Perry ON L9L 1P2

Join your community for a tree planting event on Saturday, September 24 at Carolyn Best Memorial Diamonds in Port Perry. Beginning at 10am, participants will work together and with Kawartha Conservation staff to plant a total of 300 native trees and 100 native shrubs near the baseball diamonds. This event is supported by [TD Friends of the Environment Foundation](#) and the [Township of Scugog](#).

This is a fantastic opportunity for anyone looking to make a positive impact on their community, earn volunteer hours, or contribute to increased forest cover and water quality in the Durham Region.

Participants are welcome to stay for as long or as little as they are able to, with the event concluding once all of the trees and shrubs have been planted. Refreshments will be available and participants are not required to bring gloves, but they are welcome to. Shovels, gloves, and other planting equipment will be provided.

Every tree counts. Register for free and help contribute to forest growth in your community.

<https://Calendar.kawarthaconservation.com>