

Friday, October 22, 2021

Forest Therapy Walks at Ken Reid Conservation Area 2021-10-22

Date and Time: Friday, October 22 9:30 am - 12:00 pm

Address: 277 Kenrei Road, Lindsay, ON, K9V4R1

Join certified Forest Therapy Guide Kristie Virgoe for an engaging and interactive Forest Bathing experience at Ken Reid Conservation Area on Friday, October 22.

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.

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.

IWM Speaker Series: Groundwater, a Gift from Underneath

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Let's talk groundwater. Iryna Shulyarenko, Hydrologist at Kawartha Conservation, will explain the basics of groundwater, the importance, and the vulnerability of this precious resource.

We will share how we assess groundwater conditions and talk about some of the factors that contribute to groundwater status.

We will also explain how we undertake our groundwater monitoring program across the Kawartha Conservation watershed and where that information is collated and shared.

<https://Calendar.kawarthaconservation.com>