

Friday, November 18, 2022

Forest Therapy Walk at Ken Reid Conservation Area November 18, 2022

Date and Time: Friday, November 18 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, November 18th.

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.

<https://Calendar.kawarthaconservation.com>