

## Friday, May 20, 2022

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### Forest Therapy Walk at Ken Reid Conservation Area May 20th

Date and Time: Friday, May 20 9:00 am - 11:00 am

Address: 277 Kenrei Road, 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, May 20th.

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

## Thursday, May 26, 2022

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### Lake Dalrymple Management Plan Open House May 26, 2022

Date and Time: Thursday, May 26 7:00 pm - 8:30 pm

Address: 258 Lake Dalrymple Rd, Sebright ON L0K 1W0

The public is invited to attend the Lake Dalrymple Management Plan Open House being held on Thursday, May 26 from 7 – 8:30pm at the Carden Recreation Centre. Attendees will have the opportunity to speak with Kawartha Conservation staff, provide input, learn about key monitoring findings, and hear about next steps for the [Lake Dalrymple Management Plan](#), as well as view a presentation on the status of the fishery from the Ministry of Northern Development, Mines, Natural Resources and Forestry.

The four-year (2021-2024) Lake Dalrymple Management Plan focuses on balancing science-based findings with community feedback to identify and address lake health issues while working to develop a plan that will ultimately improve and protect the quality and biodiversity of Lake Dalrymple.

## Saturday, May 28, 2022

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### Lake Dalrymple Management Plan Open House May 28, 2022

Date and Time: Saturday, May 28 10:00 am - 11:30 am

Address: 258 Lake Dalrymple Rd, Sebright ON L0K 1W0

The public is invited to attend the Lake Dalrymple Management Plan Open House being held on Saturday, May 28 from 10 – 11:30am at the Carden Recreation Centre. Attendees will have the opportunity to speak with Kawartha Conservation staff, provide input, learn about key monitoring findings, and hear about next steps for the [Lake Dalrymple Management Plan](#), as well as view a presentation on the status of the fishery from the Ministry of Northern Development, Mines, Natural Resources and Forestry.

The four-year (2021-2024) Lake Dalrymple Management Plan focuses on balancing-science based findings with community feedback to identify and address lake health issues while working to develop a plan that will ultimately improve and protect the quality and biodiversity of Lake Dalrymple.

<https://Calendar.kawarthaconservation.com>