

## Thursday, December 9, 2021

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### IWM Speaker Series: Shoreline Erosion & Sediment Control

Date and Time: Thursday, December 9 12:00 pm - 1:00 pm

Address: Online

Join us for a virtual Lunch and Learn Thursday, December 9<sup>th</sup> at 12:00pm for an engaging and information presentation from Nilex on temporary and permanent solutions for soil stabilization and sediment control around water.

Nilex is a leader in the geosynthetics industry providing Geosynthetic Solutions for Civil and Environmental projects including Economic Alternatives for access Roads & Pad construction, Walls & Slopes, Erosion & Sediment Control, Water Management, and Liners for Contaminated Material Management.

This Lunch and Learn will be of interest to lake waterfront owners, shoreline contractors, and anyone else who manages construction projects adjacent to water.

## Friday, December 10, 2021

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### Forest Therapy Walks at Ken Reid Conservation Area 2021-12-10

Date and Time: Friday, December 10 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, December 10th.

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.

## Wednesday, December 15, 2021

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## IWM Speaker Series: Environmental Monitoring Strategy

Date and Time: Wednesday, December 15 12:00 pm - 12:30 pm

Address: 277 Kenrei Road

Join Kawartha Conservation Coordinator, Environmental Programs/GIS Specialist Nancy Aspden for our final Integrated Watershed Management Speaker Series event to launch the new Environmental Monitoring Strategy.

The Strategy was started at the beginning of 2021 and included a review and analysis of our existing monitoring programs, alongside public and stakeholder consultations, to understand what our monitoring program priorities need to focus on for the next 10 years.

Our existing programs cover a range of activities that include water quality, water quantity, groundwater, climate, biomonitoring and more!

Join us and learn how our monitoring program will help to meet the needs of our communities.

<https://Calendar.kawarthaconservation.com>