

EXPERIENCE *'Forest Bathing'*



Join Judy Belluardo, ANFT
Certified 'Forest Therapy
(Bathing)' Guide for a gentle
afternoon immersed in your
senses, mindfulness, com-
munity and the beauty of the
natural world.

Sunday, June 12
9:30 – 11:30 AM

Dress comfortably with closed shoes. Bring water and a mat or camp chair,
if possible. **Space is limited!** - 12 people maximum - Adults Only
Register Early! [Click here to Register for the program](#)

\$20
Members

\$25
Non-Members

A one-year membership in Friends of Laurelwood Arboretum is still
\$25 and affords many benefits.

[Click here to see benefits and become a member today.](#)

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Connecting People with Nature



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