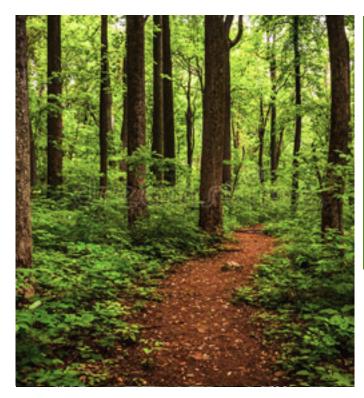
## EXPERIENCE 'Forest Bathing'



Join Judy Belluardo, ANFT Certified 'Forest Therapy (Bathing)' Guide for a gentle afternoon immersed in your senses, mindfulness, community 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.





