

# Wellbeing in Nature Series

## FOREST BATHING WALKS FOR OLDER ADULTS & CAREGIVERS

Countless health benefits have been associated with time spent in nature including lower blood pressure, decreased loneliness, rumination and anxiety, and increased sense of wellbeing.

Shinrin-yoku, also known as forest bathing, is a Japanese mindfulness practice of walking slowly in nature and using your senses to “soak” in the forest atmosphere. This gentle, adaptable practice provides numerous wellbeing benefits and can be practiced anywhere.

Join certified Nature and Forest Therapy Guide, Sara Holger, for this series of forest bathing walks designed for older adults and caregivers. We'll explore nature together and discover awe and beauty among the local landscape.

Walks are offered one Wednesday each month from 10 am – 12 pm, May – October, 2024:

**May 8 @ Carley State Park**

**June 5 @ Malone Park in Wabasha**

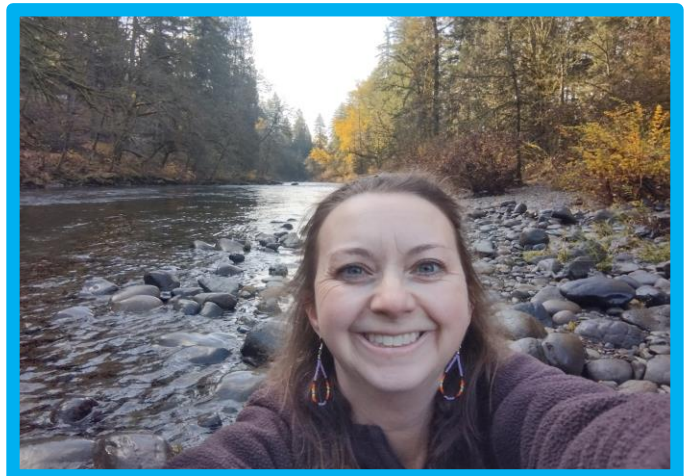
**July 10 @ Hoksi-la Park in Lake City**

**August 7 @ Beach Park in Wabasha**

**September 11 @ Frontenac State Park**

**October 9 @ Krueger State Forest Campground**

To sign up for these free walks, call 507-951-5885 or email [sara.grover@yahoo.com](mailto:sara.grover@yahoo.com)



**Made possible through collaboration between Project Get Outdoors, Wabasha – Kellogg Area Community Foundation, Three Rivers Community Action, and Wabasha County Public Health.**