

*Join us!*

# GUIDED FOREST BATHING WALKS

*For military veterans and their spouses and caretakers*

The Japanese practice of Shinri-yoku, also known as forest bathing, involves gentle, sensory walks to immerse in nature. These walks offer many wellbeing benefits including decrease feelings of loneliness and anxiety. Join us to immerse in nature while exploring different parks in southeast Minnesota! **These walks meet the Arthritis Foundation - Walk with Ease standards.**

## 2024 SCHEDULE

May 6, 10 am @ Carley State Park (Plainview, Wabasha County)

May 31, 1 pm @ Forestville/Mystery Cave State Park (Preston, Fillmore County)

June 3, 10 am @ Prairie Island City Park (Winona, Winona County)

June 20, 1 pm @ Afton State Park (Afton, Washington County)

July 8, 10 am @ Oxbow Park (Byron, Olmsted County)

July 25, 1 pm @ Spring Valley Masonic Park (Spring Valley, Fillmore County)

August 5, 10 am @ Frontenac State Park (Frontenac, Goodhue County)

August 22, 1 pm @ Chesterwoods Park (Eyota, Olmsted County)

September 9, 10 am @ Whitewater State Park (Altura, Winona County)

September 19, 1 pm @ Good Earth Village – Wykoff Balsam Fir SNA (Wykoff, Fillmore County)

October 7, 10 am @ Spring Lake Park Reserve (Cottage Grove, Washington County)

October 24, 1 pm @ Great River Bluffs State Park (Winona, Winona County)

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

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