



FOREST BATHING WITH RICH COLLINS, ANFT GUIDE

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Sunday, March 21
9:30am-Noon
The Frelinghuysen
Arboretum
353 East Hanover Avenue
Morris Township

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Saturday, March 20
9:30am-Noon
Willowwood Arboretum
300 Longview Road
Far Hills

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**ENJOY A COMBINATION OF
JAPANESE ORIENTED WALKING,
MEDITATION, MINDFULNESS,
AND WELLNESS PROMOTION.
WEAR COMFORTABLE SHOES FOR
WALKING.**

Ages 12 and up

*enjoy the
experience*

morris county park commission

**TO REGISTER: [Tinyurl.com/adults](https://tinyurl.com/adults)
COST: \$20 PER PERSON.**

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