



# FOREST BATHING WITH RICH COLLINS, ANFT GUIDE

.....

Select Saturdays  
and Sunday  
9:30am-Noon  
at

THE FRELINGHUYSEN  
ARBORETUM,  
WILLOWWOOD  
ARBORETUM,  
The ELIZABETH D. KAY  
ENVIRONMENTAL CENTER  
and  
BAMBOO BROOK  
OUTDOOR EDUCATION  
CENTER

See [morrisparks.net](http://morrisparks.net)

**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/MCPCadults](http://Tinyurl.com/MCPCadults)  
COST: \$20 PER PERSON.**

*Follow us!*

@MorrisParksNJ



[morrisparks.net](http://morrisparks.net)