



# FOREST BATHING WITH RICH COLLINS, ANFT GUIDE

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9:30am-Noon  
at

THE FRELINGHUYSEN  
ARBORETUM  
Sunday September 19,  
October 17 and  
November 21,

WILLOWWOOD  
ARBORETUM Saturday,  
September 18, November  
20,

BAMBOO BROOK OEC  
Saturday, October 16

**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](https://tinyurl.com/MCPCadults)  
COST: \$20 PER PERSON.**

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