



FOREST BATHING WITH RICH COLLINS, ANFT GUIDE

.....

THE FRELINGHUYSEN
ARBORETUM,
Sunday, March 20, April 17,
May 22, June 19

WILLOWWOOD
ARBORETUM,
Saturday, March 19, May 21,

BAMBOO BROOK
OUTDOOR EDUCATION
CENTER
Saturday, April 16, June 18

9:30am - noon

See 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/MCPCadult
COST: \$20 PER PERSON.**

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