

morris county park commission

Forest Bathing

with Rich Collins, ANFT Guide

Enjoy a combination of Japanese oriented walking, meditation, mindfulness, and wellness promotion.

Wear comfortable shoes for walking.



The Frelinghuysen Arboretum

Sunday, October 16

Sunday, November 20

Willowwood Arboretum

Saturday, November 19

Bamboo Brook Outdoor Education Center

Saturday, October 15

9:30 am - noon

Ages 12 and up

\$20 per person

To register: tinyurl.com/mcpcadult

morriskparks.net

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enjoy the
experience
morris county park commission