

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

353 East Hanover Avenue | Morristown 07960
Select Sundays: July 16, August 20, September 17



Willowwood Arboretum

300 Longview Road | Far Hills 07931
Saturday, August 19



Bamboo Brook

170 Longview Road | Far Hills 07931
Select Saturdays: July 15, September 16



9:30 a.m. - 12 noon

\$20 per person
Ages 12 and up

Pre-registration is required.

Register online at: tinyurl.com/MCPCadult.

For details visit morrisparks.net.

Questions? Call 973.326.7601.

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*enjoy the
experience*

morris county park commission