



Forest Bathing

(Shinrin-Yoku)

A **FREE** Workshop

Learn about the **healing power** of **spending time in nature**. **Forest Bathing** is a scientifically based wellness practice, first introduced in Japan in the 1980s, and now globally practiced. The **emotional**, **mental**, and **physical health benefits** can be experienced outdoors or by bringing nature into your home.

DATE

TIME

LOCATION