


It's time for hiking

Embark on a refreshing journey with our Hiking and Nature Group, designed to blend the beauty of nature with personal growth and mindfulness. Running every other Saturday from April 20th to July 27th, each session offers a unique theme and location, providing a rich, immersive experience.

 April 20th - July 27th

 Saturdays, 9:30 AM to 12:00 PM

 Various Trails

 All Ages Welcome

 \$ S20 drop-in or use Medicaid

What to Bring:

- Comfortable clothing
- Water bottle
- Yoga mat or blanket
- Journal or notebook

Session Themes & Locations:

1. Introduction and Intentions - Botanical Gardens
2. Setting Goals in Nature - Mica Mine
3. Facing Challenges Mindfully - Riggs Hill
4. Finding Joy in Nature - Audubon Trail
5. Cultivating Resilience - Whitewater Boat Launch
6. Creating Balance - Monument Corridor Trail
7. Perseverance - Liberty Cap
8. Problem-Solving in Nature - River Trail

