

FOREST THERAPY WALK

**Sunday, September 22nd
11am - 1pm**

Participants awaken their senses and engage with nature through a guided walk and meditation. For ages 16+.

**Meet at the William Houck Nature Center
14274 William Houck Dr.
Thurmont MD 21788**

No registration required. Event free with park entrance fee of \$3/MD resident, \$5/out of state resident.
Call 301-271-7574 for questions.

