



Forest Therapy Walk

@ Cunningham Falls State Park

Sunday, January 26th from 12-2PM
Meet at the Manor Area Visitor Center
6709 Cunningham Falls Park Rd.
Thurmont, MD 21788

Saturday, February 22nd from 2-4PM
Meet at the William Houck Nature Center
14274 William Houck Dr.
Thurmont, MD 21788

Participants awaken their senses and engage with nature through a guided walk and meditation. For ages 16+. Dress for the weather, wear comfortable walking shoes. No registration required. Event free with park entrance fee of \$3/MD vehicle, \$5/out of state vehicle payable at honor box. Email claudia.padilla@maryland.gov with questions.

