



2026-2027

\$20/PERSON
PER SESSION

FOREST THERAPY ON THE GO

Enter into a deeper connection with the natural world. Forest therapy is a slow restorative walk in a natural setting that follows a standard sequence of elements. Nurture your well-being as you experience the physical and mental health benefits of forest bathing. To register, visit OaklandCountyParks.com.

SIX SESSIONS

- **Tue., Oct. 13, 2026 1-3 p.m.:** *Autumn Colors*
Clinton River Oaks Park
- **Sun., Dec. 20, 2026 1-3 p.m.:** *Winter Solstice*
Pontiac Oaks Park
- **Tue., Feb. 16, 2027 4-6 p.m.:** *Hearing the Heart*
Orion Oaks Nature Park
- **Sun., April 18, 2027 10 a.m.-noon:** *Water is Life*
Independence Oaks-North Nature Park
- **Mon., June 21, 2027 7-9 p.m.:** *Summer Solstice*
Turtle Woods County Park
- **Fri., Aug. 27, 2027 6:30-8:30 p.m.:** *Summer Sun*
Lyon Oaks County Park



\$20/person/session
Ages 12 and up

To register: scan code or visit bit.ly/4hI1Y6C

**OAKLAND
COUNTY PARKS**
OaklandCountyParks.com


NURTURED BY NATURE
FOREST THERAPY