



Wellness in the Woods

2026-2027 Nature Education Wellness Program Schedule

**Ages 12
and up
\$20/person
per session**



Red Oaks Nature Center

30300 Hales St. Madison Heights | 248-585-0100

Forest Bathing: World Mental Health Day

Sat., Oct. 10, 2026 3-4:30 p.m.

In honor of World Mental Health Day, Amy Wargo from Earthly Connections will lead a forest mental cleanse, providing tools for reducing stress and fostering connections.

Zenning Your Space: Kokedama Workshop

Sun., Dec. 6, 2026 2-4 p.m.

Relax and get messy as you sink your hands in dirt to create a one-of-a-kind moss ball planter. Combine nature, art, mindfulness and gardening with a project that adds greenery to your winter space.

Moon Gardening

Sat., Feb. 6, 2027 3-5 p.m.

Let this month's New Moon inspire you to explore the traditions and techniques of gardening in rhythm with the lunar cycle by creating a seed basket with a lunar cycle pattern.

Microadventure: Mindfulness Letterboxing

Sun., April 11, 2027 2-4 p.m.

Explore the world of letterboxing while journeying through the woods and solving clues, puzzles and riddles designed to promote being in the present moment.

Stargazing Meditation

Sat., June 5, 2027 8:30-10 p.m.

Learn the art of slowing down and stargazing inside our inflatable planetarium, then head outside to embrace the vastness of our night sky while setting intentions for the summer ahead.

Green Exercise: Tai Chi

Sat., Aug. 21, 2027 10-11 a.m.

Discover the calming yet energizing practice of Tai Chi in this introductory class taught by MSU Extension Health Educator Jacqui Rabine.



Wint Nature Center

9501 Sashabaw Rd. Clarkston | 248-625-6473

Nature Photography for Wellness

Sat., Nov. 7, 2026 3-5 p.m.

Join Series One photographer Mark Richardson for an entry-level phone or digital camera nature photography class. Learn the art of nature photography while grounding yourself in intentional observation and quietness during a nature photography hike.

New Year, New Skill: Chair Yoga at the Bird Feeders

Sun., Jan. 10, 2027 1-2 p.m.

Experience the benefits of yoga in a beginner's Chair Yoga class taught by Kathleen Sable from Modern Alchemy Wellness. Feel your tension melt away as you're guided through gentle stretches and mindful exercises while watching nature unfold.

Forest Bathing: Celebrate the Spring Equinox

Sat., March 20, 2027 2-3:30 p.m.

Hit the trails with Amy Wargo from Earthly Connections to welcome the season of renewal. Reap the restorative benefits of intentionally connecting with nature.

Rooted in Wellness: Mushrooms

Fri., May 21, 2027 7-9 p.m.

Discover how people around the world use mushrooms to support overall wellness. Learn about locally-grown varieties, hike to find wild mushrooms and make your own custom blend mushroom bath soak.

Grounded Creations: Rock Dot Art

Sat., July 24, 2027 10 a.m.-noon

In this class, Michigan Rock Dot Artist Jessica Fisher helps you unwind, connect and unlock your creativity. Supplies are provided.

Microadventure: Sunrise Paddle

Sat., Sept. 25, 2027 7:30-9 a.m.

Start your day with a rejuvenating kayak excursion that combines the benefits of gentle exercise, nature and early morning Vitamin D. Kayaks and equipment are provided.



MICHIGAN STATE
UNIVERSITY

Extension



\$20/person/session, ages 12 and up. Preregistration with payment is required for all nature center programs. Walk-ins are accommodated when possible. Refunds are issued only under extenuating circumstances or if the program is cancelled. Rain or shine. Dress for the weather, programs may be held outdoors. Programs will be cancelled for severe inclement weather.

Register/pay: Visit <https://bit.ly/3RBZrAp> or call 248-858-0916 during regular business hours. Visa, Mastercard, Discover and American Express are accepted.