



Wellness in the Woods



Engaging with nature and being outdoors has many proven physical and mental benefits. From yoga and meditation to drum circles and forest bathing, wellness programming is available for all ages.

View upcoming wellness activities at **OaklandCountyParks.com**. Each nature center offers unique opportunities to connect with our natural surroundings. [Click here](#) to view upcoming wellness activities at OaklandCountyParks.com.



Nature at Night Programs

Experience the parks in a whole new way by visiting after dark. Nature at night programs are led by experienced naturalists who share interesting facts about the nighttime sky and the activity that happens after the sun goes down.

Wildcraft: Bonfire Magic

Fri. Oct. 23, 6-7:30 p.m. - Red Oaks Nature Center

Fri. Oct. 30, 6-7:30 p.m. - Wint Nature Center

Learn the art of building the perfect bonfire, enjoy a snack and see chemistry in action. Suitable for all ages. **\$10/person.**

One Moon, Two Castors

Fri. Nov. 20, 6-8 p.m. - Red Oaks Nature Center

Sat. Nov. 21, 5-7 p.m. - Wint Nature Center

Lodge a complaint; give a dam. Enjoy a night of beaver-themed activities to include Castor the mammal and Castor in the sky. View the stars either outdoors or in our inflatable planetarium depending on the sky. Suitable for ages 6+. **\$10/person.**

Winter Solstice Hike

Fri. Dec. 18, 5:30-7 p.m. - Wint Nature Center

Sat. Dec. 19, 6-8 p.m. - Red Oaks Nature Center

Seek darkness in the early evening hours in honor of the longest night of the year with a restorative hike. Suitable for all ages. **\$5/person.**

Owl Prowl

Sat. Jan. 23, 5:30-7:30 p.m. - Wint Nature Center

Sat. Jan. 30, 6-8 p.m. - Red Oaks Nature Center

Uncover who's hootin' it up at night in the park. Learn about our nocturnal neighbors, dissect their diets and discover their specialized adaptations. Suitable for ages 6+. **\$10/person.**

Winter Sky Star Party

Sat. Feb. 13, 4:30-6:30 p.m. - Wint Nature Center

Sat. Feb. 20, 4:30-6:30 p.m. - Red Oaks Nature Center

Enjoy out-of-this-world activities and learn how to star hop your way through the winter sky constellations in our indoor planetarium. If the skies are clear, we'll head outdoors for stargazing. Suitable for ages 6+. **\$10/person.**

Vernal Pool Walk

Fri. March 19, 7-9 p.m. - Wint Nature Center

"Salameander" your way down to look for salamanders, frogs, fairy shrimp and many other animals in the "coral reefs" of Northern forests: vernal pools. Suitable for ages 8+. **\$10/person.**

Moon Hike: Waxing Gibbous

Fri. March 19, 7-8 p.m. - Red Oaks Nature Center

Learn about the phases of the moon while we navigate the trail in near-full-moon light. Suitable for all ages. **\$5/person.**