

FOREST BATHING

Come Join Us in the Linnaeus Arboretum for an hour filled with reflection and re-grounding. Japanese Forest Bathing is an activity where one traditionally goes into the woods to reconnect with nature through the five senses among the open air, sunshine, and native flora and fauna. If the mosquitoes are biting, we will relocate to the prairie.

**SATURDAY, SEPTEMBER 26 AT 2 PM OUTSIDE
THE INTERPRETIVE CENTER!**

Please bring your mask. Come retrieve your FREE Arb journal

Learn more about forest bathing @
<https://time.com/5259602/japanese-forest-bathing/>



Sponsored by the Linnaeus Arboretum. Gustie Students only