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JOIN US AT  
**SUSQUEHANNA STATE PARK**  
FOR A FREE NATURE WORX DEMO

**SATURDAY, SEPTEMBER 28<sup>TH</sup> at 10 AM**

Join us for a two-hour immersive experience intentionally using all five senses during a mindful saunter along the banks of the Susquehanna River. The total distance of the hike will be about one mile, as we walk slowly and huddle up for a series of activities that connect us to the healing properties of nature. We combine forest therapy, mindfulness and meditation. Best for people over 16.

Limited spots available

Email [natureworxorg@gmail.com](mailto:natureworxorg@gmail.com) or call 443-686-2087

to reserve your spot today!