



# FOREST THERAPY WORKSHOP

What will you notice when you relax your mind and connect with nature?

Experience a series of slow, mindful activities designed to open and engage the senses and connect you with nature in a way that invites healing interactions. This relaxing experience is hosted entirely outdoors, rain or shine. We will engage in about a half mile of slow walking, and non-vigorous activity.

**When:** Saturday, April 21, 10:00 am - 1:00 pm  
Saturday, May 5, 10:00 am - 1:00 pm  
Activities on both dates will be the same

**Where:** Columbia Springs Swift Classroom  
12208 SE Evergreen Hwy, Vancouver, WA

**Cost:** \$30/person. Registration is limited to 15 people per workshop, so sign up soon!



**Pre-registration is required.** To learn more and register, visit:  
[www.columbiasprings.org/events](http://www.columbiasprings.org/events)

For questions, please call 360-882-0936 x222 or email [volunteering@columbiasprings.org](mailto:volunteering@columbiasprings.org).