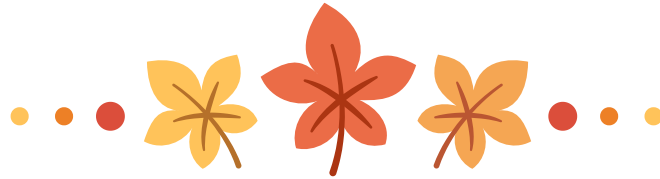


A Fall Mindful Hike for MENTAL HEALTH



Join



Sunday Morning
10/06/24 @ 9:00am

Cascade Park
130 Lynn Drive, Hudson

Experience and learn
the **benefits** a mindful
hike in nature has on
our **mental health!**



Register using QR Code or at
www.friendsofudsonparks.org