

A Spring Mindful Hike

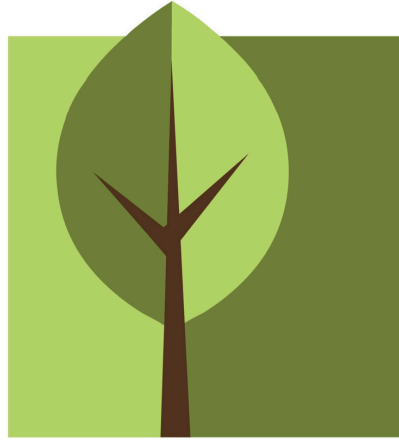
with

Sunday Morning

4/13/25

@ 9:00am

(rain or shine)



**FRIENDS OF
HUDSON
PARKS**

Cascade Park

130 Lynn Drive,
Hudson

*Led by Shannon Speaks, LISW-S of
Nourish C&C, LLC*



Experience and learn
the **benefits of a**
mindful hike in nature!



Register using QR Code or at
www.friendsofHUDSONparks.org