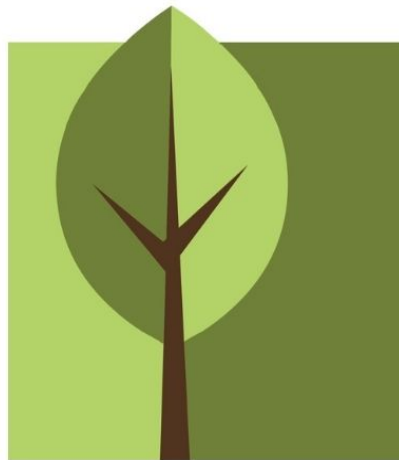


# A Summer Mindful Hike

*with*



**Cascade Park**

130 Lynn Drive,  
Hudson

**Sunday Morning**

7/13/25

@ 9:00am

*(rain or shine)*

**FRIENDS OF  
HUDSON  
PARKS**

*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](http://www.friendsofHUDSONparks.org)