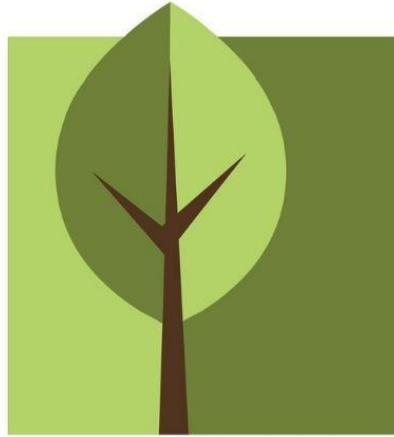


A Spring Mindful Hike

with



Cascade Park

130 Lynn Drive,
Hudson

Sunday Morning

4/12/26

@ 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!



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