

A Fall Mindful Hike for Mental Health



Nature, mindfulness, and mental health



Join
&



Sunday Morning **10/11/26 @ 9:00am**
Cascade Park 130 Lynn Drive Hudson

This autumn, join us for a
mindful walk through
nature, exploring the
connection between **mental**
health and the **outdoors**.

Come back to the **present**
moment through the senses
and see how you feel after!



Register using QR Code or at
www.friendsofHUDSONparks.org