

ALL ABILITY WELLNESS

NATURE PHOTOGRAPHY AND HIKING

FALL 2021

MONDAY 10:00 AM - 11:30 AM

DATE: Monday 9/20/21

TIME: 10:00 AM - 11:30 AM

WHERE: Cold Spring Harbor State Park

ADDRESS: [95 Harbor Rd, Cold Spring Harbor, NY 11724](https://www.google.com/maps/place/95+Harbor+Rd,+Cold+Spring+Harbor,+NY+11724)

DIRECTIONS: As the Park's parking lot is often near capacity, we will meet in the Library parking lot which is next door to the Park.

ABOUT: Cold Spring Harbor State Park is a 47-acre state park located in the Town of Huntington in Suffolk County, New York. The hilly park opened in 2000 and offers scenic views of Cold Spring Harbor on LI's north shore.

Though the Park does not have bathrooms, there ARE bathrooms available in the library.

PARKING: We will meet in the main parking lot as you enter the park as pictured below. Please look for Laura's white Ford Expedition with license plate LAURALMT.



GENERAL INFORMATION:

We will be using specialized camera lenses that clip unto cell phones for everyone's safety and enjoyment. You may also bring your own camera to use during the hikes. Instruction will be provided in both cell phone camera lenses and personal cameras.

Please be sure to bring the following items to ALL classes for your comfort and safety:

Masks (as needed)	Water Bottle
Sneakers or hiking shoes (no open toed shoes)	Bug Spray
Light rain jacket if there is a chance of rain	Fully Charged Cell Phone

Contact

Laura H. Pace, M.S., LMT	Brian Pace
631-708-7770	631-707-4466
Laura@allabilitywellness.com	brian@thinkbridges.com