

Chester Woods Park Announces "Mindfulness in Nature"

A Guided Slow Walk in Nature to Reap the Health Benefits that Immersion in Nature Provides.

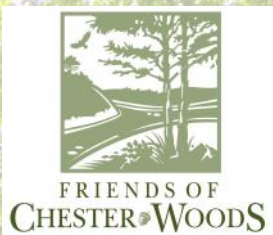
Event Details

- **Beginning May 18 and continuing to Sept. 28.**
- **Each Wednesday morning from 9:30-11:30AM.**
- **Meet at the Boat Ramp Parking Lot.**
- **A Guide will meet you.**
- **In case of inclement weather, the walk is cancelled.**

Time in Nature . . .

- **Improves Mental Health**
- **Decreases Depression and Anxiety**
- **Lowers Blood Pressure and Cortisol levels**
- **Lowers Obesity Risk**
- **Helps you minimize distractions**

Call 507-328-7350 to Register
At least One Day in Advance.



Chester Woods Park
8378 Highway 14 East
Eyota MN 55934

