



Soulful Trails & North Ridgeville Parks & Recreation present:

Nature Programming at South Central Park!

Registration information can be found on the NR Parks & Rec site (QR code above).

Classes instructed by Annette Kramer of Soulful Trails. Annette is a certified Nature Connection Specialist. **Register today** for these exciting new offerings!

April

- 29th – Preparing for a Hike (6-6:50pm)

July

- 14th – Nature Storytime & Play (4-4:50pm)
- 14th – Nature Presentation – State Park Series – Ohiopyle (6-6:50pm)
- 21st – Nature Journaling (6-7:30pm)

May

- 12th – Nature Journaling (6-7:30pm)
- 26th – Nature Storytime & Play (4-4:50pm)
- 26th – Nature Presentation – State Park Series – Hocking Hills (6-6:50pm)

August

- 4th – Nature Storytime & Play (4-4:50pm)
- 4th – Nature Presentation – State Park Series – Silver Lake (6-6:50pm)
- 11th – Mindfulness in Nature Walk (6-6:50pm)

June

- 16th – Nature Storytime & Play (4-4:50pm)
- 16th – Nature Presentation – State Park Series – Mohican (6-6:50pm)
- 23rd – Preparing for a Hike (6-6:50pm)

June America 250 – Free Guided Nature Walks in South Central Park

- Tuesday 2nd at 10am
- Thursday 11th 6pm
- Saturday 20th 10am
- Monday 22nd 6pm

All walks will meet at the community cabin

More Info:

Tip – Type “Soulful” into the search to see Soulful Trails classes. Class locations and pricing can be found on the registration site. More information about Soulful Trails can be found at www.soulfultrails.com

Other Local Nature Programming:

April 23rd – Soulful Trails National Park Presentation Series: The Grand Canyon – Avon Senior Center (12pm)

May 12th – Soulful Trails National Park Presentation Series: Yellowstone – Avon Senior Center (1pm)

May 14th – “The Nature Fix”: How Time Outdoors Supports Health and Well-Being – Pioneer Ridge (2pm)

July 9th – Soulful Trails National Park Presentation Series: Cuyahoga Valley National Park – Pioneer Ridge (2pm)

See the Avon Senior Center and Pioneer Ridge websites for class & registration information.