



Rideau Community
Health Services

Your Community Health Centre

Forest Bathing Guided Walk

Join certified Forest Therapy guide Joanna on a mindful walk to experience the environment through your senses and deeply connect with surrounding nature. A time to decompress, connect, and just be!



When: Tuesday August 23, 2022 1:00pm-4:00pm

Where: Last Duel Park Perth Ontario
22 Craig Street K7H 1X8

To Register: Call 613-283-1952 x 286