

Forest Therapy Walk at Bayard Cutting Arboretum Sunday, November 7 2-4 pm

**Join certified forest therapy guide,
Linda Lombardo of
Wild Heart Nature Connection,
to reconnect with the natural world around us.
We'll slow down, wander and notice what
most of us simply walk past...
the beauty of nature in any season.**

**Walk length: 2 hours
Please wear comfortable shoes for walking
outdoors on the grass. Masks are required as
well as submission of a signed waiver.
We practice physical distancing when
possible. Organic bug spray only, please.
Limited to 20 participants. Ages 18+**

**Fee: \$15/person
Free parking with an Empire Pass
Otherwise, it's \$8 per car**



**Please RSVP to programming@shjc.org
\$15 check made payable to SHJC,
Venmo: @JC-SoHunt or Zelle: gala@shjc.org
South Huntington Jewish Center
2600 New York Ave, Melville, NY 11747**