

FOREST THERAPY WALK

**Saturday, August 10th
9-11am**

Participants awaken their senses and engage with nature through a guided walk and meditation. For ages 16+.

**Meet at Manor Area Visitor Center
6709 Cunningham Falls Park Rd
Thurmont MD 21788**

No registration required. Event free with park entrance fee of \$3/MD vehicle, \$5/out of state vehicle paid at park entrance honor box. Call 301-271-7574 for questions.

