

NATURE NURTURES 2021

Workshop:

Nature Therapy • Forest Bathing

Led by:

Ted Martello

Baltimore City Recreation
& Parks • TreeBaltimore •
Association for Nature
and Forest Therapy

Take a guided,
outdoor walk to
relax, relieve
stress, and
connect with
nature in
Baltimore City.



June 19 | 6 - 7:30 pm
**@ Stillmeadow
PeacePark***

5110 Frederick Ave
Baltimore, MD 21229

**REGISTER
FOR 6/19**

June 23 | 6 - 7:30 pm
@ Fairwood Forest*

Across from 5921 Fairwood Ave
Baltimore, MD 21206

**REGISTER
FOR 6/23**

Space is limited,
so sign up ASAP!

*[These sessions are IN-
PERSON and OUTDOORS! All
COVID-19 safety protocols
will be followed.]



Cities
Connecting
Children to
Nature
BALTIMORE, MD



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Workshop Summary:

Join us for a nature therapy walk to relax, destress, and connect with nature through Baltimore City's Recreation & Parks Department.

Forest bathing, or nature therapy, is a slow, gentle walk in a forest or other natural environment. Guided by invitations to connect with nature through one of the senses, participants find themselves immersed in the chosen natural environment and will draw from this their own unique experience. There are opportunities to share with the group what each is noticing in themselves or their environment. At the end, tea is made from plants in the forest and served during a closing ceremony.

A more detailed description for any nature therapy walk can be found [here](#):

Nature Nurtures 2021: Workshop Series

Learn more about Nature Nurtures and sign up for additional workshops here:

ADDITIONAL WORKSHOPS

Questions? Contact Anika Richter at anika.richter@baltimorecity.gov

