



# Forest Bathing

**Saturday, May 15, 2021 | 8:00 am – 12:00 pm**

**Outdoor Discovery Center | 142 Kerr Road, Ford City, PA**

**\$20 – All proceeds benefit ODC**

For more information call 724-525-7172 and register here: <https://forms.office.com/r/cdJ6W2hUib>

Immerse yourself in nature in a mindful, meditative way.  
Use your senses to benefit your physical, mental, emotional, and  
mental health. Come away feeling relaxed, refreshed and nourished.

Workshop Leader:  
Kay Owen, MA

**CDC Covid-19 guidelines will be followed. Registration  
required and limited to 12 participants. Free tree  
seedling provided to participants.**