



2026

FOREST THERAPY SERIES

\$15/PERSON
PER SESSION

Enter into a deeper connection with the natural world. Forest therapy is a slow restorative walk in a natural setting that follows a standard sequence of elements. Nurture your well-being as you experience the physical and mental health benefits of forest bathing. **To register, visit OaklandCountyParks.com.**

FOUR SESSIONS

- **Saturday, May 16**, 11 a.m.-1 p.m.: *Nurtured By Nature Forest Therapy Walk*
Waterford Oaks County Park
- **Friday, June 26**, 7-9 p.m.: *Summer Sunset Forest Therapy Walk*
Rose Oaks County Park Nature Area
- **Thursday, July 16**, 10 a.m.-noon: *Refresh and Renew Forest Therapy Walk*
Highland Oaks County Park Nature Area
- **Friday, Aug. 28**, 6:30-8:30 p.m.: *Dusk to Dark Forest Therapy Walk*
Oak Park Woods

SCAN QR CODE
TO REGISTER



bit.ly/3O0H85U

