

# NATURE WALK

The aim is to slow down and connect with nature and yourself. Be in the moment and be present. It's not about going far or working out. There are many similarities between mindfulness therapy and forest bathing. Connecting mind, body, heart and soul.

**Friday 17<sup>th</sup> September, 10-1pm**  
**Wireless Hill Almondbury Rd Booragoon**

We will meet on the grass near the carpark (marked P on the map). Please bring:

- » BYO picnic lunch
- » Chair or blanket to sit on
- » Water bottle and sun protection

**For more info or to RSVP contact:**

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**Mental Illness Fellowship of WA**

[www.mifwa.org.au](http://www.mifwa.org.au)

