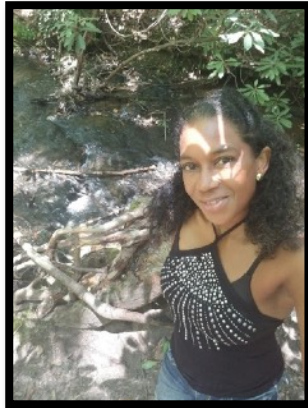




HEALTH & WELLNESS EVENT

NURTURE NATURE by



Have you wanted to take advantage of the natural healing that nature provides? **Come out on June 1** and learn the mind, body, and soul benefits of exploring in nature. Certified Fitness Expert, Naturalist and Natural Healing Specialist, Sonee A. Thompson, will be your guide, leading you on a beautiful small group nature walk/hike all while having fun and breathing in fresh air!

When: Saturday, June 1, 2024, 10 am

Where: Lake Rogers, 9010 N Mobley Rd, Odessa, FL

Cost: \$30

BENEFITS:

- Learn to appreciate nature – see the beauty of our local parks
- Flora and Fauna identification and Foraging
- Fitness in Nature - There will be fitness intervals on the trail.
- Meet new people in a safe small group environment

INCLUDES:

- Guided Hike/Walk with fitness pro and naturalist Sonee A. Thompson
- FREE Healthy Snacks AND FREE Goody Bag with health & wellness products
- Aromatherapy and Meditation segment
- Parking

*Group limited to 10 Participants – grab your spot today!

* Please be on time and bring water, sunblock, sunglasses, etc.

* Wear appropriate shoes – no flip flops or sandals

* Meet at the shelter next to the parking lot labeled “BUCS”

* Bring water, sunblock, sunglasses/hat, proper shoes *Appropriate for Ages 12-70

To register – click on the link below or scan the QR code.

<https://fs3.formsite.com/lyFXeJ/mp4xht7cef/index>

