

*Reconnect with Nature,
Reconnect with Yourself*

FAIR LAWN SENIOR CENTER
11-05 Gardiner Road, Fair Lawn, NJ 07410
201-796-1191 srcenter@fairlawn.org

*Come as you are.
Leave feeling refreshed.*

NATURE & FOREST THERAPY

Escape the stress of modern life and step into nature's calming embrace. Forest Therapy is a gentle, guided experience inspired by the Japanese practice of *Shinrin-Yoku* (forest bathing), helping you:

PRESENTED BY
KAREN RICHTER



- ✿ Reduce stress & anxiety
- ✿ Boost mood & well-being
- ✿ Improve sleep & relaxation
- ✿ Find peace & connection

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It's not a hike or a lecture.

It's a chance to move slowly, awaken your senses, and be fully present.
This presentation is for anyone seeking calm and clarity and all mobility levels welcome.
Join us and reconnect with what truly matters.

THURSDAY, APRIL 10, 2025 @ 1-3 P.M.

Advance registration necessary for this program. Limited Space.

The Senior Center offers a Noon lunch (\$1.25 suggested donation) and reservations should be made at least 24 hours in advance.

Slow Down. Breathe. Feel Fully Alive.

