



Rideau Community
Health Services

Your Community Health Centre

Guided Forest Wellness Walk

Do you already like walking in nature? Are you interested in the benefits of nature on emotional and physical health?

Join us for an introspective, wellness focused forest walk.

Explore ways to maximize the benefits and joy of being in nature.



When: Wednesday, October 26, 2022 1:30pm-3:00pm

Where: Woodland-Toboggan Loop in Merrickville, ON

To Register: Call 613-283-1952 x 286