



FREE Guided Forest Immersion Walk

Saturday, May 18, 2024 ; 10 am – noon

Casey Road Conservation Land

(at end of Casey Road off Governor's Rd, near Rte 75)



Led by Certified Forest Therapy Guides

Robin Schumaker & Aimee Dion

“The forest is the therapist”

Slow down, connect with nature,

focus on your senses.

Optional: bring a portable chair or seat pad

Welcome: all who are comfortable in social silence

No pets please. Limited to 12 participants. To pre-register: email mcc@miltonnh-us.com

Sponsored by the Milton Conservation Commission