

Chester Woods Park Announces  
**"Mindfulness in Nature"**

**A Guided Slow Walk in Nature to Reap the Health Benefits that Immersion in Nature Provides.**

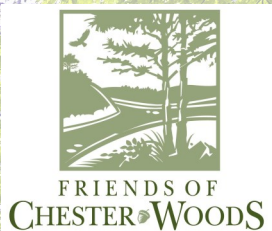
**Frequently Asked Questions**

- Beginning May 18 and continuing to Sept. 28.
- Each Wednesday morning from 9:30-11:30AM.
- Meet at the Boat Ramp Parking Lot.
- A Guide will meet you.
- In case of inclement weather, the walk is cancelled.

**Studies Reveal that Time in Nature . . .**

- Improves Mental Health
- Decreases Depression and Anxiety
- Lowers Blood Pressure and Cortisol levels
- Lowers Obesity Risk
- Helps you minimize distractions

**Call 507-328-7350 to Register at least One Day in Advance.**



**Chester Woods Park  
8378 Highway 14 East  
Eyota MN 55934**

