

Forest Bathing with Tenemos Rising



Full Moon Forest Bathing

Thursday, May 28, 5 - 6:30 pm

Mt. Tabor Visitor's Center

Solstice Forest Bathing

Saturday, June 20, 9 - 11 am

Leach Botanical Garden

Evening Forest Bathing Walk

Wednesday, July 22, 5:30 - 7 pm

Mt. Tabor Visitor's Center

Forest Bathing in the Arboretum

Wednesday, August 26, 10 am - 12 pm

Hoyt Arboretum



Registration: Scan the QR code or visit
www.legacyhealth.org/cancerclasses



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