

AUTUMN Forest Bathing

**FRIDAY, OCTOBER 8, 2021 5:00-7:30
@ MERRITT PRAIRIE FOREST PRESERVE
FOLLOWED BY A SPECIAL TASTING AT
BYERS BREWING COMPANY**

**ADULTS ONLY, \$25/PP
(TASTING NOT INCLUDED IN PRICE)**



What's Forest Bathing?

Forest bathing is the practice of immersing yourself in nature in a mindful way, using your senses to derive a whole range of benefits for your physical, mental, emotional, and social health. We'll finish our walk post-sunset with a lantern-lit ceremony.



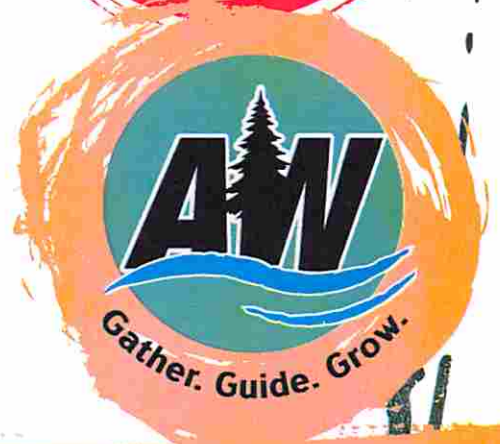
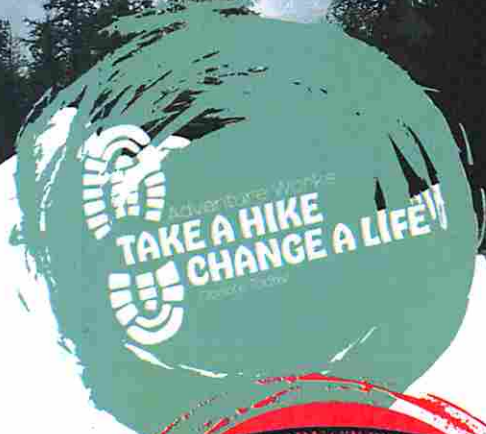
Post Walk Gathering

Byers Brewing Company is partnering with Adventure Works to support mental health in our community. Join us for a tasting of their special brew, Byers Dark. 10% of the proceeds during October benefit Adventure Works.



Take A Hike Change a Life

Adventure Works is running a fall campaign to raise funds to serve their mission to support the mental health of youth and their families. You can donate by visiting our website.



REGISTER by scanning code or
@ adventureworksdekalb.org



815-517-0825

AUTUMN FAMILY

Forest Bathing

SATURDAY, OCTOBER 16, 2021 10:00-12:00
@ MERRITT PRAIRIE FOREST PRESERVE
FOLLOWED BY A SPECIAL TASTING AT
COMMON GROUNDS COFFEE HOUSE

\$40/PER FAMILY
(TASTING NOT INCLUDED IN PRICE)



What's Forest Bathing?

Forest bathing is the practice of immersing yourself in nature in a mindful way, using your senses to derive a whole range of benefits for your physical, mental, emotional, and social health. Be prepared to explore, play, and connect!



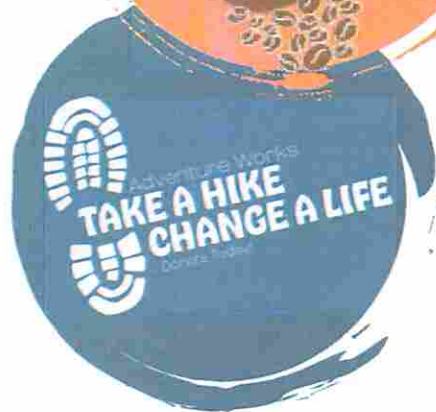
Post Walk Gathering

Common Grounds is partnering with Adventure Works to support mental health in our community. Join us for a tasting of their special autumn brew, Trail Mix, just for us. \$5 from every bag sold benefits Adventure Works!



Take A Hike Change a Life

Adventure Works is running a fall campaign to raise funds to serve their mission to support the mental health of youth and their families in DeKalb County. You can donate by visiting our website.



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