



Wellness in the Parks

2024-25 Nature Education Wellness Program Schedule



Playful Yoga & Soundbath

Friday, Nov. 8, 2024 10:30-11:15 a.m.

Red Oaks Nature Center

Want fewer meltdowns? Learn science-backed emotional regulation techniques for you and your little one with a playful, interactive yoga story and a calming soundbath. Leave with tools to boost your child's self-control and self-confidence.

\$5/child, no charge for caregiver.

Ages 3-6 with caregiver.



Spring Equinox Drum Circle

Saturday, March 22, 2025 2-3 p.m.

Red Oaks Nature Center

Connect with the natural rhythms of spring in this immersive indoor drum circle led by experienced drum circle facilitator Teri Williams from Soul Practices. Join in the collective joy of creating harmonious beats, fostering a sense of community and tapping into the spirit of the spring equinox.

\$5/person. All ages.



Nature Hobbies for Lifelong Learners

Saturday, April 26, 2025 1-2:30 p.m.

Wint Nature Center

Who says, "You can't teach an old dog a new trick!" Join us for a fun hands-on sampling of nature hobbies and form new friendships along the way. Topics may range from Window Birding, Nature Mandalas, Plant Pressing, Looming Nests for Rehabilitators, Natural Dyes, Native Seed Processing, Growing Native Plants, Citizen Science Projects and much more! You may find a new favorite hobby to share with your loved ones.

\$5/person. All ages.

Forest Bathing Weekend

- **Nature's Medicine**

Saturday, May 3, 2025 1-3 p.m.

Red Oaks Nature Center

Feeling stressed? Unplug from the daily grind, get into your comfy clothes and join us in the woods for forest bathing. Easy practices help us reduce anxiety, reprioritize the to-do list and bolster a sense of well-being. "The trees offer us a bridge to our own wisdom." - M. Amos Clifford.

\$5/person. Ages: Adults

An ASL interpreter will be provided.



- **The Healing Power of Nature**

Sunday, May 4, 2025 1-2:30 p.m.

Meets at Independence Oaks Boathouse

Did you know healing and connection is right outside your door? Learn how nature can help boost mental health while providing physical health benefits. This session will focus on simple ways to reconnect with our surroundings to help balance the stresses of everyday life.

\$5/person. Ages: Adults



Relieve Anxiety with Mindfulness in Nature

Saturday, May 31, 2025 10:30-11:30 a.m.

Wint Nature Center

Immersed in the beauty of nature, learn simple tools you can use right away (and with practice) to calm anxious feelings and restore a sense of natural calm.

\$5/person. Ages: Adults

Nature Wellness Summer Book Club with CIDL

- **Kick-Off:**

Saturday, June 21, 2025

Clarkston Independence District Library

Practice self-care at home by setting aside time to relax and enjoy the selected nature wellness book, "The Nature Fix" for your summer reading. Grab your copy at CIDL or on the Libby or Hoopla apps.

All ages. No registration needed.

- **Wrap-Up Party:**

Saturday, Aug 23, 2025 10:30-11:30 a.m.

Clarkston Independence District Library

Join other book club members, a naturalist and a librarian for our Book Club Wrap-Up Party, including snacks, a lively discussion and a book-inspired activity.

\$5/person. All ages. Registration required.

NatureFit: Drum Circle Bonfire

Saturday, Sept. 20, 2025 6-7 p.m.

Wint Nature Center

Embrace the spirit of autumn in a captivating bonfire drum circle led by expert facilitator Teri Williams from Soul Practices. Connect with others as we co-create enchanting rhythms that resonate with the balanced energy of the fall equinox.

\$5/person. All ages.

An ASL interpreter will be provided.



Program Registration

Preregistration with payment is required for all nature center programs. Parks entry fee waived if registered by end of business day prior to event. Walk-ins are accommodated when possible. Refunds are issued only under extenuating circumstances or if the program is cancelled.

Register and pay: call the nature centers or **248-858-0916** during regular business hours or visit <http://bit.ly/OcpNatureCenters>. Visa, Mastercard, Discover and American Express are accepted.

Programs take place rain or shine. Dress for the weather as programs may be held outdoors. Programs will be cancelled for severe inclement weather.



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