

# Forest therapy walk



Farmers and their families have a relationship with their land. Join ALUS Wetaskiwin-Leduc for a free opportunity and take a slow walk through the incredible fern glades at the Alberta 4-H Centre along Battle Lake.

Studies have shown forest therapy walks can have a broad range of health and wellness benefits, including reducing stress and blood pressure and boosting the immune system.

- **Date:** Sunday, Aug. 21
- **Time:** 1:30 to 4:30 p.m.
- **Cost:** free
- **Register:** by Aug. 19 at [www.county.wetaskiwin.ab.ca/Forestwalk](http://www.county.wetaskiwin.ab.ca/Forestwalk)
- **Location:** Alberta 4-H Centre: 41043 RR 21, County of Wetaskiwin (turn south on Range Road 21 off Highway 13. Watch for signs)

Please note a waiver is required and may be accessed through the online registration process. For registration assistance and event information, contact Kim at **780-387-6182** or **[kbarkwell@county10.ca](mailto:kbarkwell@county10.ca)** or **[kimb@leduc-county.com](mailto:kimb@leduc-county.com)**.

