

## Healthcare Workers Embracing Nature

### Forest Therapy Walk

Friday May 14<sup>th</sup>, 2021

8:30 am to 10:30 am

### Briar Bush Nature Center

1212 Edge Hill Road

Abington, Pa 19001

Guided by: Maggie Brown, MSN, RN, Certified Nature  
and Forest Therapy Guide

Forest Therapy Walks are an opportunity to  
return to our roots, embrace ancient wisdom and  
renew therapeutic relationship with nature and  
the more than human world.

RSVP at [www.ForestTherapyForMe.com](http://www.ForestTherapyForMe.com) or text  
Maggie at 215-962-7573

Free for Healthcare Workers.

Welcomed Donation \$20 to Support Briar Bush

