

Somerville Council on Aging



Forest Flow Mindfulness with Libby Curtis Webb

New Date and Time

Monday, October 25th at 12:00 pm
meeting outside at the Holland St. Center

Come join us for a fall afternoon of gentle exercise and mindfulness.

Whether you are new to spending time in nature or are a seasoned participant, our approach to finding flow in the forest is safe, supportive, and inclusive. All Forest Flow experiences include gentle body and mind warmups, walking with awareness, nature meditation, and group reflection. By practicing mindfulness in nature, we bring attention to our inner life and build compassionate engagement with the natural world.

Nature therapy benefits include:

- Relieves stress and anxiety
- Improves mood
- Boosts immunity
- Cultivates feelings of happiness

*Please call Chris Kowaleski at ckowaleski@somervillema.gov
or 617-625-6600 ext. 2315 to reserve your spot.*