



# **Forest Therapy Guided Experience in the Hope Club Garden Thursday, July 20, 2017, 6 to 8 pm**



**Unplug. Open your senses.  
Become aware.**

Bring your body and spirit to a gentle nature connection practice. Led by Diane Kavanaugh-Black, nationally certified Nature & Forest Therapy Guide. FREE but please pre-register at Hope Club, (518) 220-6960.

More on this research-based healing practice at [natureandforesttherapy.org](http://natureandforesttherapy.org). Find Hope Club at [cancer.org/hopeclub](http://cancer.org/hopeclub). Diane is at [OfTheEssenceHolisticWellness.com](http://OfTheEssenceHolisticWellness.com).