

Forest Therapy Walk

Saturday, August 15, 9 -11 am

Churchill Woods, West Picnic Area

1059 St Charles Rd, Glen Ellyn, IL 60137

Inspired by the Japanese practice of *shinrin-yoku* or forest bathing, Deacon Christine will lead us in a series of invitations to help us (re)connect with ourselves and the more-than-human world. Walking will be minimal and at an easy, self-guided pace. All physical abilities are welcome! Wear comfortable clothes and footwear appropriate for the weather and bring a water bottle. We will gather rain-or-shine, only cancelling in case of severe weather.

You may also bring your own food and drink for an optional picnic lunch after the walk has concluded.

Please park in the Churchill Woods West Parking Lot (1059 St. Charles Rd, Glen Ellyn, IL 60137) and meet at the West Picnic Area at the bottom of the trail. A port-a-potty is available at the parking lot; no other restroom facilities are onsite.

Deacon Christine is a provisionally certified guide with the Association of Nature and Forest Therapy (ANFT) and currently serves as the Volunteer Coordinator with Lutheran Social Services of Illinois (LSSI).

For more information, contact Emy Ishida or Marti Seaton. Use the Sign-up Genius [link](#) to rsvp by August 13.