

Come to the Winchendon Community Park

All Serenity Seekers, Veterans, First Responders, Plant & Nature Lovers

July 20, 2019

10-11 a.m. Yoga at the Park

11 a.m. 1.5 mile Walk of Park Trails

Our Yoga in the Park series will be co lead by Stephanie Simon, the Wellness Coordinator for the Montachusett Community Branch YMCA. Also co leader Caitlin Smith, the new co director of the emerging Orange Innovation Center Wellness Center.



Come and enjoy National Moon Day with some gentle Moon salutations in a serene and relaxing atmosphere. Bring a mat or towel.

Come join us in this walkabout and education of the plants and herbs along the Winchendon Community Park meadows, water and forest trails.

Laura Tarrac, the new Herbal Specialist at Blue Dragon, will also be educating us on her specialties on this walk.

During the Walk, we will also have an opportunity to hear from two speakers well versed in the restorative power of recreation and nature.

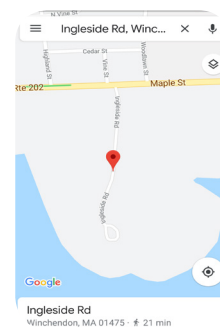
Sarah McNary is the VA Program Director for Transition Care Management for our Central/Western MA Veteran community. Sarah will talk with us about current and emerging holistic care opportunities for Veterans through the VA and how to access these.

Dr. Nitya Jessica Eisenheim, ND is a Naturopathic physician who is passionate about herbal medicine, cooking, healthy food and community building. Nitya grew up in NYC going to conventional doctors. She incorporates multiple modalities such as customizedherbal medicine, visceral manipulation and cranio sacral therapy into client's care.



Please join us at the Winchendon Community Park, Saturday, July 20th!
This is a free event and all are welcomed and encouraged to attend.

Happy Trails,
Bobby Curley - President
North Quabbin Trail Association
For directions, google Ingleside Road, Winchendon Ma



P.S.
Come experience the joy, pleasure, healing power of nature.