

# Spring 2023 FREE Wellness Programs



in partnership with



## WOMEN'S WINTER WELLNESS DAY

**Sunday, March 5—12:00 PM to 4:00 PM**

**Cleary Lake Regional Park-**

Enjoy a day of connecting with nature and other women. Join us for a day of stress-relief and mindfulness in the outdoors. The day will consist of snowy outdoor Soma Yoga (gentle yoga with breath and small movements), tea, bonfire, snowshoe meditation and more. Women, femme and non-binary folks are welcome at this program.

## TRAIL TOUR

**Thursday, April 06—6:00 PM to 7:30 PM**

**Cleary Lake Regional Park**

Join us on a trail tour and learn more about what the park has to offer. We will spend time learning about the park, different activities you can enjoy here and how to navigate the park's trails and facilities with confidence! We will also go on a gentle nature walk and practice navigating using the park maps. Everyone belongs in the park and is welcome on the trail tour.

## WELLNESS WALK

**Thursday, April 27—6:00PM to 7:30PM**

**Murphy Hanrehan Park Reserve**

Nature is one of our greatest resources for improving health and wellness. Join us on a gentle nature walk accompanied by a guided wellness activity focused on being present. Wellness activities will vary and may include mindfulness, poetry, art and more. Activities are geared towards engaging our body's relaxation response and will provide participants with methods for reducing stress and boosting mental health.

## WELLNESS WALK

**Sunday, March 26— 9:00 AM to 10:30 AM**

**Cleary Lake Regional Park**

Nature is one of our greatest resources for improving health and wellness. Join us on a gentle nature walk accompanied by a guided wellness activity focused on being present. Wellness activities will vary and may include mindfulness, poetry, art and more. Activities are geared towards engaging our body's relaxation response and will provide participants with methods for reducing stress and boosting mental health.

## NATURE SCAVENGER HUNT

**Sunday, April 16—11:00AM to 12:30 PM**

**Cleary Lake Regional Park**

Join us for a fun, family-friendly scavenger hunt! Explore and find fascinating nature discoveries in the park. All ages can benefit from slowing down and creating sensory awareness in the outdoors. Activating our senses and focusing our attention on the present moment allows us to fully enjoy what the park has to offer. Engage your relaxation response and decrease your stress! There is so much to discover in the park, what will you find?

**All programs are FREE! Registration not required (unless otherwise specified) though registration is encouraged to receive pre-program communication including weather changes and cancellations.**

**Register at link below OR via email:**

**[ThreeRiversParks.org/Programs](https://ThreeRiversParks.org/Programs)**

**Keyword Search Wellness**

**[Annie.Bunio@ThreeRiversParks.org](mailto:Annie.Bunio@ThreeRiversParks.org)**

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**FAMILY  
RESOURCE  
CENTERS**  
OF SCOTT COUNTY



## Summertime Samplings In Partnership with the FRC

**Friday, May 5 – 10:00 AM to 11:30 AM**

**Family Resource Center (FRC)**

**1615 Weston Court, Shakopee, MN**

Join us and the Family Resource Centers (FRC) of Scott County in exploring ways to enjoy spending time outside this summer including different activities to try, parks to visit, summer programming and more. Come learn about how nature is one of our greatest resources for improving health and wellness! Hear some ideas on how to engage with nature this summer season and get your questions answered 😊 Connect with friendly FRC staff and get connected with community resources and support!

## WELLNESS FAIR!

**Sunday, May 21 – 1:00 to 4:00 PM**

**Cleary Lake Regional Park**

Time in nature improves physical, mental, and social-emotional health. Join us to experience these benefits for yourself! The wellness fair will feature a range of activities for adults and families. Sample various activities including Soma Yoga, nature journaling, slacklining, mindful hikes, and more! Learn more about what wellness programs you can experience FREE in the parks this summer! Come meet community partners and learn about incredible community wellness resources. The wellness fair is free and everyone is welcome. Parks are for all of us and everyone can benefit from nature as a resource for wellness. Transportation available to and from Shakopee (more online). Kindly note, activities might fill up and are available on a first come, first serve basis if one activity fills up there will be plenty of other activities to enjoy!

## 50+ SOMA YOGA

**Friday, May 12 – 1:30 PM to 3:00 PM**

**Cleary Lake Regional Park**

Join certified Soma Yoga instructor Sofia Silva for an outdoor yoga session focused on providing skills and tools to manage stress. The Somatic technique supports creating awareness around the mind-body connection. The session will incorporate mindfulness and guided relaxation practice with the aim of integrating what was learned during the session through small movements and breathing. No experience necessary, movement is modifiable to all levels and abilities. Yoga mat or towel recommended. Sofia is bilingual in English & Spanish! (Ages 50+)

## NATURE JOURNALING FOR FAMILIES

**Tuesday, May 30 – 6:00 PM to 7:30 PM**

**Cleary Lake Regional Park**

Practice your nature observation skills as a family through nature journaling. Join us for a gentle nature walk, discover the benefits of journaling, and create your own. Nature journaling activates your senses, engages your curiosity and helps create a grounding presence in the park; all of which helps reduce stress. Journals can include writing, drawing, nature treasures and more - there is no wrong way to journal. See where nature leads you and your family! Journals materials provided courtesy of the Statewide Health Improvement Program (SHIP) in Scott County.

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