

Walk through Nature – A Mindful/Meditative Walk with Mary Anne

Busse Woods in Arlington Heights

Date: Thursday, March 20

Drop-In Will Have Special Hours, 2:30p-7p

Van Departs Drop-In at 2:45 and returns by 5:30p



We will walk as a group on uneven earthen and gravel trails, using nature observations, meditations, and silence to enhance our senses of the forest, and prairies.

Please wear close-toed shoes (such as sneakers) with socks. Flip flops and sandals are not appropriate. Also, please dress for the weather – it might be cold!

The walk is for those who can walk approximately 1.5 miles without discomfort. There will be seating available for those who are unable or do not wish to walk.

Sign up in the KYC Excursion Book!

Van Seating Limited to 7 People