

Story County Conservation and Vital Life
Coaching and Counseling invite you to

BEING IN NATURE

Join us on Saturday mornings this spring to “come to your senses.” We will leave our phones and the busy-ness of life at the parking lot.

In exchange, you will learn practices to:

- deepen your connection with nature
- rekindle joy and wonder
- rouse your intuition
- strengthen a sense of belonging

Where: Christiansen Forest Preserve

When: March 30, April 13, April 27, May 11

9:00 - 11:00

Cost: \$21, scholarships available

(Join for as many outings as you like)

Your host, Brooks Witter is a licensed mental health counselor, coach, adventurer, forager, hunter, and lover of the wild earth. To learn more about his work, visit: www.vitallifecc.com

To Register and Learn More about this program:

<https://www.mycountyparks.com/County/Story/Events.aspx>

