

Wellness Program Series

Join the Somerset County Park Foundation for a brand new program series designed to enhance your health! Sponsored by Whole Foods of Bridgewater, all programs will be FREE to the public. The Wellness Program Series will feature one program each month at various park locations. Topics may include nature play, horticultural therapy, nutrition, meditation, self defense, and aerobic exercise. Some programs may require registration as space may be limited. Please check the specific description for each program and check the website, www.somersetcountyparks.org for the most up-to-date information or call 908 722.1200 ext. 5324 or ext. 5226.

WOODS OVER WORKSHEETS: THE AMAZING HEALTH BENEFITS OF NATURE PLAY

(Adult)

Playing outdoors and spending time in nature are key to children's physical and mental health, but many of them are not getting enough "green time" today. Learn about the outdoorsy parenting culture of Scandinavia, and how it can help you raise healthy, resilient, and happy children in the U.S. Linda Åkeson McGurk, author of *There's No Such Thing as Bad Weather*, will share the latest research on nature play and her best tips for creating a daily outdoor habit and getting kids outside every day, rain or shine.

Twenty-five participants will receive a free autographed copy of Linda's book! Program is geared toward adults but children age 3 and older are welcome to join a Naturalist for an evening hike while parent or guardian attends the program. Pre-registration is not required.

FREE

Location: Environmental Education Center

Thursday, October 25

6:00-7:30pm

HOLIDAY SURVIVAL

(Adult)

Are you ready to celebrate this holiday season, but dread the aftermath? Feeling tired, sluggish and **not liking what you see on the scale**.

That's what most people feel about the Holiday Season... they want to enjoy every minute with friends and family, yet something is nagging at the back of their mind. They don't like how they feel after the "fun."

Not only physically, but there's always a hint of guilt... and it took some of the fun out of the festivities.

We even say "surviving" the Holiday Season...yet we all want to THRIVE.

What if we can turn the challenge of staying healthy during this time of the year into an opportunity to boost our awareness and learn some easy habits that will benefit our health and wellness way past the "New Year Resolution" craze?

Don't wait for the New Year to arrive - join Amy Napoli of Balanced Healthy Self for a Holiday Survival Workshop where you will learn tips and strategies to make this your best season yet!

FREE

Location: North Branch Park Headquarters

November 15

6:30-7:30pm

HERBAL SPA WORKSHOP

(Adult)

Gift yourself from head to toe during the busy holiday season making aromatherapy spa products. Join Horticultural Therapist, Pat Czarnecki, to learn about and create an all-natural facial toner, scented skin moisturizer, and a soothing herbal foot soak. Embellish with specialty gift tags and ribbons for immediate gift giving or personal use. Space is limited. Registration begins September 12. Pre-registration required. Please call 908 722-1200 ext. 5002 to register.

FREE

Course Code: 51849

EEC-01

Location: Environmental Education Center

Wednesday, December 5

1:00-3:00pm

A FRESH START

(Adult)

So your New Year's resolution did not stick and you keep telling yourself that you'll start focusing on your health next week. Next week comes and goes and now it is next month. Have you been telling yourself this for far too long, and now's the time to truly mean it? Start 2019 by making yourself a priority! Join Amy Napoli of Balanced Healthy Self in a Fresh Start and finally achieve balance in health and wellness.

This program is all about:

- Creating small, lasting changes over time
- Understanding what foods work for your own body
- Learning to care for yourself in the best way possible
- Focusing on whole body wellness

This program is NOT about:

- Creating restrictions that make you miserable
- Feeling guilty and overwhelmed
- Giving you a list of foods you can and cannot eat - it's all about the lifestyle!

FREE

Location: North Branch Park Headquarters

January 24

6:30-7:30pm

Sponsored by:

