



NURTURING BIRD BRAINS

- a NATURE WALK for KIDS -

SHELDON NATURE AREA

JUNE 22 | 1-2:30 P.M.



Join Winnebago Audubon for a family-friendly birding/nature walk focused on connecting with the wild world around us in ways that stimulate, strengthen, and soothe our brain.



This walk will feature activities, geared specifically for younger minds, that connect nature to mindfulness practices, executive functioning skills, and mental well being.



Carmen Meuret, a licensed mental health therapist and Winnebago Audubon board member, will lead this program.



Trail loop is about .75 miles, flat terrain with crushed stone.
Address: 1225 N. Oakwood Rd., Oshkosh. Meet in parking area.

FREE & OPEN TO THE PUBLIC
ADULTS MUST ACCOMPANY KIDS

