



UNWIND IN THE FOREST FRIDAY AFTERNOONS!

FOREST FRIDAYS are guided nature walks or free time to explore or relax in Hopkins Forest.

Van from Paresky Steps on Park St: departs 4pm, returns 5:30pm

- Sept. 13:** **Outer Loop Walk with Sarah Gardner,
ZCE & Environmental Studies Program**
- Sept. 20:** **Nature Walk with Elise Leduc-Fleming,
Hopkins Memorial Forest Manager**
- Sept. 27:** **Forest Bathing with Scott Lewis,
Williams Outing Club Director Emeritus**

Sign-up: QR CODE or <https://forms.gle/Nozh3fJ6uQH6Y5t9>

