

**Make a Memory Day – The Healing Power of Nature
Tuesday, August 30, 2022**

REGISTRATION

Please circle or underline your living community or affiliation

Attic Angels

Brookdale

Heritage

Middleton Glen

Senior Center -

Other (home, apartment, etc.) -

Name of Participants

Mobility Challenges?

_____	-	_____
_____	-	_____
_____	-	_____

Please describe the mobility challenge. Is the participant(s) able to walk a short distance? Note: There will be two electric Trishaws (like a rickshaw) available with trained adult drivers. The two trishaws can accommodate a total of four adults.

The program will focus on the Healing Power of Nature. The program will include mindful or meditative outdoor time and Forest Bathing activities. There will be two options:

1. a ¼ mile round trip walk on a paved trail close to the Orchid Heights Park
2. a brief saunter by the park shelter or along the grass and ponds within Orchid Heights Park

**Please register no later than August 26th and return this form
to John Daly (jhdaly@charter.net)**