

August 2022 Wellness Programs



in partnership with



FERIA LATINA DE BIENESTAR! (Latino Community Wellness Fair!)

Jueves, Agosto 4— 5:00 to 8:00 PM

Cleary Lake Regional Park

¡Acompáñanos en este evento gratuito y entretenido para las familias en Cleary Lake Regional Park!
¡Tendremos comida, actividades, rifas y más!
Actividades para interactuar con la naturaleza y reducir el estrés: Búsqueda del tesoro en la naturaleza, Soma Yoga, proyectos de arte, grupos de discusión para padres y organizaciones comunitarias/recursos disponibles. ¡Transporte gratuito disponible! Transporte de Shakopee Library a las 5:00 PM- Regresa a las 8:30PM. [Confirmación en Facebook](#)
Llame o escriba al 651-219-9827
Email: ffernandez@namimn.org



Latino Community Wellness Fair! (Thursday, August 4— 5:00 to 8:00 PM)

(ALL PROGRAMS & ACTIVITIES WILL BE IN SPANISH!)
Join us for a fun family-friendly evening at Cleary Lake Regional Park! Food, Activities, Raffles and more!
Activities for engaging with nature and reducing stress include: Nature Scavenger Hunt, SomaYoga, Art Projects, Parent Discussion Groups and Community Organizations/Resources. FREE transportation available! Bus from Shakopee Library @ 5:00pm.
Returns @ 8:30PM
[RSVP on Facebook](#); or email ffernandez@namimn.org

NATURE SCAVENGER HUNT

Wednesday, August 10— 6:00 to 7:30 PM

Spring Lake Regional Park

Come explore with your family or friends to find fascinating nature discoveries in the park! Slowing down, activating our senses and focusing our attention on the present moment allows us to fully enjoy what the park has to offer. All ages can benefit from slowing down and creating sensory awareness in the outdoors.



NATURE JOURNALING

Monday, August 15—9:00 to 10:30 AM

Murphy Hanrehan Park Reserve

Practice your nature observation skills through nature journaling! Join us for a gentle nature walk and discover the benefits of nature journaling as you create your own! Nature journaling will activate your senses, engage your curiosity, and help create a grounding presence in the park; all of which help to reduce stress. All materials provided courtesy of Scott County SHIP!

All programs are FREE! Registration not required, though registration is encouraged to receive pre-program communication including weather changes and cancellations. Register at link below or email Parks Wellness Programmer: Annie.Bunio@threeriversparks.org
ThreeRiversParks.org/Programs — [Keyword Search Wellness](#)