

For more information:  
warehamlandtrust.org  
508-295-0211  
programming@warehamlandtrust.org



To register for this event  
please go to our website  
[http://warehamlandtrust.org/  
category/events/](http://warehamlandtrust.org/category/events/)

# Mindfulness Walk: Winter Series

Join WLT for a series of walks to learn practices to  
reconnect with nature and remove yourself from the  
stresses of everyday life

**Sunday, December 8, 2019 1-2pm**

*Westgate Conservation Area, West Wareham*

**Sunday, January 12, 2020 1-2pm**

*Agawam River Trail, East Wareham*

**Sunday, February 9, 2020 1-2pm**

*Great Neck Conservation Area, Wareham*

**Sunday, March 8, 2020 1-2pm**

*Lyman Reserve, Plymouth*

**COST: Free!**

While these events are free, please register at  
<http://warehamlandtrust.org/category/events/>

