



Self-Guided Mindfulness Walk

At the Agawam River Trail

Stop by The Wareham Land Trust's Agawam River Trail (located at 20 Knowles Ave, Wareham) to follow along with a self-guided mindfulness walk.

Signs along the trail will lead you through a range of different mindfulness practices designed to ground you and connect you to the nature that surrounds you.

This walk will be up from November 5th to November 30th

Note: Hunting is not permitted at the Agawam River Trail but as an extra precaution, please remember to wear blaze orange during hunting season.

