



BUILDING RESILIENCE

Mind-Body Medicine Hike

Howarth Park: 630 Summerfield Road, Santa Rosa
Wednesday March 4, 10am-12pm

Agenda:

9:45am - Meet at Howarth Park Boat Launch

10am-noon - Hike and Mind-Body
workshop in the forest

Bilingual session

Stuart Creek Run: Arnold Drive, Glen Ellen
(0.3 miles west of Hwy 12)
Sunday, March 22, 1pm-3pm

Agenda:

9:45am - Meet at Stuart Creek Run

10am-noon - Explore the creek and
Mind-Body workshop in the meadow

**For more information or to RSVP please contact
Gricelda Correa at griceldac@srhealth.org or 707-496-1145**



Sonoma Community
RESILIENCE
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BUILDING RESILIENCE

Mind-Body Medicine Hike

Howarth Park
(parque de
los patos):

630 Summerfield Road, Santa Rosa
Miercoles 4 de March 10am-12pm

Agenda:

9:45am - Nos reuniremos al lado del lago/ botes

10am-12pm - Caminar y aprender técnicas de
mente y cuerpo

Bilingual session

Stuart Creek Run: Arnold Drive, Glen Ellen
(0.3 miles west of Hwy 12)

Domingo 22 de Marzo 1pm-3pm

Agenda:

9:45am - Nos reuniremos en Stuart Creek Run

10am-noon - Exploraremos el arroyo y
aprenderemos técnicas de mente y cuerpo

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