

*For all genders*

# IS NATURE CALLING YOU?

EMBRACE THE OUTDOORS



## DECEMBER 3, 2022

8:30AM-2:30PM

KAYAKING/ YOGA/ MEDITATION/ GROUP DISCUSSION/ LUNCH INCLUDED  
OLETA RIVER STATE PARK, NORTH MIAMI



**YOUR JOURNEY TO WELLNESS STARTS  
HERE**

A SAFE SPACE TO COME AND CONNECT WITH  
OTHERS, EMBRACE NATURE, AND BUILD  
MINDFULNESS AT OLETA RIVER STATE PARK



**Cost: \$149**

**LED BY: AIMEE TAYLOR,  
MSW, LCSW**

Aimee has twenty years of clinical experience and believes strongly in utilizing nature and mindfulness whenever possible within the healing process.



**CONTACT US**

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**OUR LOCATION**

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