

Forest Bathing

(Shinrin-Yoku)

Learn about the healing power of spending time in nature. Forest Bathing is a scientifically based wellness practice. The emotional, mental, and physical health benefits can be experienced outdoors or by bringing nature into your home.

PART 1 - FOREST BATHING WORKSHOP

Date: Wednesday September 2nd, 2026

Location: 99 Toronto Road, Port Hope, Room 205

Time: 2:30 pm– 4:00pm

Provided by: Self-Management Program, Central East

To Register: 1-866-971-5545 (Must attend Part 1 to attend Part 2)

PART 2 - GUIDED FOREST WALKS

Date & Times:

Thursday, September 10, 2026 (10 am - 11:30 am)

Tuesday, September 15th (10 am - 11:30 am or 2 pm - 3:30 pm)

Location: 8000 Telephone Rd. Cobourg
(Laurie Lawson Outdoor Education Centre)

Provided by: CHCN Staff Pam Chapman & Kristen Hipwell

To Register: 905-885-2626 Ext. 238