



# NATURE HEALS

## HIKING WORKSHOP

WITH HOLISTIC CONSULTATION



At this community event, explore the benefits of nature with Annette and Angela. Engage in a journey toward the healing power of nature. Find simplicity, silence and your authentic self along the way. On this hike, there will be time for guided meditation, breathing exercises and deep reflection.



## MORE ABOUT THE WORKSHOP:

Mental health can feel like an overwhelming maze, or a tidal wave. Can we simplify the process and embolden trust in ourselves to lead us where we need to go? Annette and Angela will help you identify how to be your own best guide.

Nature is calling you, explore this simple approach and get away from the stressors of the city. Find a new metro park in your area, get outside and break free from the confines of your dwelling place, inside your house and inside your mind. Step outside your comfort zone and into your life.

**When:** Sunday, May 15, 2022 from 1pm-2pm (Rain date is May, 22, 2022 from 1pm-2pm)

**Where:** Park of Roses; Meet at the Main Shelter House  
3901 N. High St., Columbus, Ohio 43214.

**How to register:** Email [groupseholisticconsultationllc.com](mailto:groupseholisticconsultationllc.com) for payment information. Once payment is received, more information will be provided.

**Price:** \$25 per person. Scholarships and Pay What You Can options are available upon request. Registration will be limited to 8-10 participants



**Angela Weixel**



**Annette Badamy**

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### DIRECTIONS

The street address for the Columbus Park of Roses is **3901 N. High St, Columbus, Ohio 43214**. The garden entrance is one-half mile west on Hollenback Road within Whetstone Park. There's plenty of free parking. All the gardens are located to the east of the Whetstone Shelterhouse at the top of the steps.

**By COTA:** Take Bus #2 (E.Main and N High) on North High Street to Acton Road where Whetstone Library is located. The park is a half-mile walk west on Hollenback Road. You will pass the library, tennis courts and ball diamonds. At the bottom of the hill, the path turns to the right crossing a small bridge. The park is on your right, behind the Shelterhouse.

**Restrooms:** Only portable restrooms are available at the park unless you are attending an event at the shelterhouse. Portable restrooms are located at the east end of the park next to the ADA parking and just north of the shelterhouse near the Backyard Garden.

