



# PUTNAM VALLEY Grange

## Intro to Forest Therapy:

with Valerie Smith, LCSW, CFTG

Sundays, Sept. 29 & Oct. 20, 2024 at 10:00 am

### What Is Forest Therapy?

Forest therapy, also known as forest bathing, is the mindful practice of experiencing nature through using the five senses to gain physiological and psychological benefits. It is also about recognizing the reciprocity between nature and mankind.

Forest therapy is found to:

- Lower stress and reduce blood pressure.
- Improve metabolic and cardiovascular health.
- Boost weight loss and/or help manage weight.
- Lower blood sugar levels.
- Improve memory and concentration.



Workshop Sessions Held at:

The Putnam Valley Grange

128 Mill Street (at Peekskill Hollow Rd.) Putnam Valley, NY 10579

To Register, Visit: [www.PutnamValleyGrange.org/backyardfarming/index.htm](http://www.PutnamValleyGrange.org/backyardfarming/index.htm)

For More information: [info@PutnamValleyGrange.org](mailto:info@PutnamValleyGrange.org)