Community Nature Day
at Huddart Park

Free Fun Family Event!

Saturday, September 30
1 pm- 3 pm
1100 Kings Mountain Rd, Woodside

Improve your mental health and physical well being

COME AND ENJOY:

- Nature games
- Healthy snacks
- Walk with your doctor
- Story time in nature
- Guided meditation
- And much more!

Parking is Free!

Wheelchair and stroller friendly!

Visit:
https://bit.ly/SMC_ParkRx