

**Walk with us in Nature to Unplug & Connect
Every Sunday Evening - 6PM
Heckrodt Wetland Preserve, 1305 Plank Road, Menasha**



Everyone is welcome to beat the Sunday Scaries with an all natural Mood Boost at this inclusive & rejuvenating weekly event. Free of charge. No registration, No sign-in. Bring a friend or come on your own. Come once, come when you can, or come every week. Meet by the large stones outside the Nature Center.

Brought to you by a collaborative partnership of

Mental Health America of Wisconsin & Heckrodt Wetland Preserve.

Questions? Email marybeth@mhawisconsin.org or michael@mhawisconsin.org

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