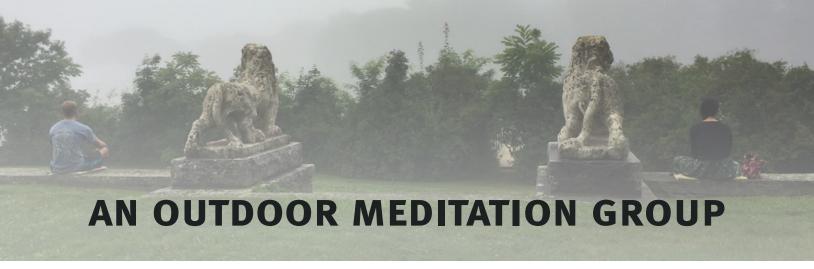
## BE PRESENT. BE OUTSIDE. GET CONNECTED.



**CREEK FARM RESERVATION** 

**400 LITTLE HARBOR ROAD** PORTSMOUTH, NH 03801

WEDNESDAY MORNINGS: THURSDAY EVENINGS: JUNE 5 - AUGUST 21, 7:30 - 8:15 AM

JUNE 13 AND JULY 11, 8:15 PM AUGUST 8, 8:00 PM





**SOCIETY FOR THE** PROTECTION OF **NEW HAMPSHIRE FORESTS** 

Join us to practice mindfulness at peaceful Creek Farm! Teacher Liz Korabek-Emerson, MFA will lead a sitting and walking meditation practice by Sagamore Creek on Wednesday mornings from June 5 to August 21. Liz will also lead sunset meditations on the second Thursday evening of each month. No experience is necessary! Please meet on the lawn by the lions. Liz will post weather updates on her website: www.korabektraining.com.

Cost is by donation to support the Creek Farm Reservation.

Pre-registration is not necessary and everyone is welcome!



CREEK FARM SERIES

**FORESTSOCIETY.ORG/CF**