

MAKE A CONNECTION



IN YOUR GEAUGA PARK DISTRICT

Studies have found that being outside and connecting with Nature can make you feel a lot better when you are feeling stressed, overwhelmed or just plain fatigued by everyday living. Listening to the birds, looking at trees and being a part of the big picture can help you look past the little things bothering you and enjoy life more —

The connection we have with Nature is such an important one, one that we should not ignore.

Use Nature's materials as a reminder of your strength. Take a brisk walk, get some cool, fresh air, and be reassured that **Nature has your back.**

Nature Break: Women's Retreat

Saturday, February 3, 9 AM - 12:30 PM
The West Woods - Russell Township

Re-energize by joining in Nature-themed activities. Soup and salad lunch. Fee: \$6. Dress in layers for outside comfort and perhaps bring a change of clothes for aerobics. Registration required.

Sap's-a-Risin'!

Sundays, March 4, 11, & 18, Noon - 4 PM
Swine Creek Reservation - Middlefield Township

Get a sweet taste of how maple sugaring methods have evolved from Native American traditions to today. Gather sap with a horse-drawn sap sled and experience historical tapping, gathering and boiling methods, then warm up with live music by the Oak Island Sunk Jumpers and maple treats in the lodge.

March of the Salamanders

Saturday, March 24, 9 - 10:30 AM
Big Creek Park - Chardon Township

Accompany Field Naturalist Tami Gingrich as she visits several vernal pools to check preset traps in search of giant mole salamanders and other aquatic critters. Learn about the amazing amphibian migration into these important woodland "puddles."



Frog Fest and Salamander Call List

Sometime between March 1 and April 10
The West Woods - Russell Township

Register your name on a call list to witness spring breeding behavior of amphibians as they move into woodland pools. Notification by phone day of program. Dress for the weather and bring flashlights.



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