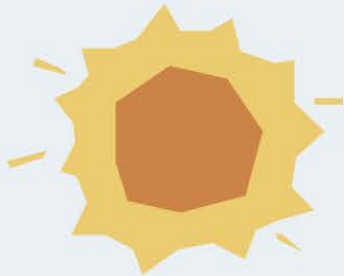


SIMPLE ACTIVITIES TO SUPPORT YOUR WELLBEING OUTDOORS

Programming sites include Fillmore, Goodhue, Houston,
Mower, Olmsted, Winona, and Wabasha counties



**SWIMMING
& KAYAKING**



**NATURE
JOURNALING**



**GROW
PLANTS**



SNOWSHOEING



**SOUND
MAPPING**



**CLOUD
GAZING**



BICYCLING



BODY SCAN



HIKING



**5 SENSES
OBSERVATION**



**LOOK AND LISTEN
FOR BIRDS**