



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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PSA-070

Unplug with Guided Meditation in a Park Setting

Take a break from the stresses of modern life and unplug for a while with the Meditation in Nature program at Riverbend Park on Thursday, April 21, 2016.

Recent research suggests that contact with nature can help to mitigate stress and enhance your mental well-being. So, treat yourself to a physical and emotional tune-up with an hour of guided meditation at a secluded spot within Riverbend Park. A park naturalist leads the way beginning at 5 p.m.

This program is designed for participants age 15 and older who want to enjoy a little escape from their busy lives and reconnect with nature through mindfulness meditation. The cost is \$12 per person. Meet at the park's nature center to begin your relaxing journey.

Riverbend Park is located at 8700 Potomac Hills Street, Great Falls, VA. For more information, call 703-759-9018 or visit <http://www.fairfaxcounty.gov/parks/riverbend-park/>.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.