

Join the Golden Gate National Parks Conservancy for

HEALING NATURE, HEALING OURSELVES

Join us for wellness, service, & fun at Sweeney Ridge, the national park in your backyard!

- **Mindfulness Hike:**

Friday, Sept 26,
10am –1 pm

- **Nature service project:**

Friday, Oct 10,
10 am-1 pm

- **Nature service project:**

Saturday, Nov 22,
10 am-1 pm

- **De-stress in Nature:**

Friday, Dec 5,
12-3 pm

- Meet other Skyline students
- Take care of the land
- See local flowers, birds, and butterflies
- Breathe in the fresh air
- Do something good for yourself + the earth!

**FREE
LUNCH
PROVIDED!**



Meet on-campus.
Register online for
directions.

Please register in advance.

Email Amy with any questions:
AChong@parksconservancy.org

[https://www.parksconservancy.org/
programs/college-programs-
skyline-college](https://www.parksconservancy.org/programs/college-programs-skyline-college)

GOLDEN GATE
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