





# MINDFUL MOVEMENT WITHIN NATURE

 Saturday, May 3, 2025  
10:00 a.m. - 12:30 p.m.

 Dunkerhook Park - Pavilion Picnic Area D  
Paramus, NJ

CancerCare is partnering with Erika DiPasquale, a certified forest bathing guide and trainer, to provide a wellness technique to people diagnosed with cancer and their caregivers.

Forest Bathing is a nature-based well-being practice that enhances our natural ability to adapt to change in our lives, supporting a better quality of life. This experience will enhance nature connectedness and strengthen social relationships, boosting the therapeutic and restorative effects of nature.

**PLEASE WEAR:** layers and comfortable, closed-toe shoes

**PLEASE BRING:** water, a camping chair or towel to sit on and an open mind

*Bug spray and sunscreen will be available.*

## REGISTRATION

This free program is available to New York and New Jersey residents. Pre-registration is required.

To register, please contact Nikki Molfetas, LSW, at 201-301-6805 or [nmolfetas@cancercare.org](mailto:nmolfetas@cancercare.org).



**MEET US  
HERE!**

