



## WALK FOR WELLNESS

Blue Heron Nature Preserve offers an inspiring setting to strengthen physical and mental health. With 45-minute walks guided by a Blue Heron leader, walkers will boost their wellness by exploring various portions of the 30-acre nature preserve and elevating their knowledge of the natural and built features, flora, and fauna that make this greenspace a treasure for all. Come enjoy the temporary outdoor artwork on display for our *Art of Nature* exhibition and gain a primer about the Preserve.



Wednesday,  
June 9th  
2pm

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Shuttle departs  
PHP at 1:30pm

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*\*Rain date: Thursday,  
June 10th\**

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Call Concierge  
at 678-619-0474  
to sign up.  
Space is limited.