



## Nature, Dance, Kids & Community

Johanna Vanderbeek, Pilates/Dance Instructor and Cindy Weller, “Nature-lover”, are teaming up to bring opportunities for kids and families to get active and explore nature and movement with the following activities.



### **Nature and Me: Discovering Nature One Leaf at a Time**

We are inviting parents and children to join us for a time to listen, watch, and feel the wonder of the outdoors. Meets once a month in Annadel State Park. Please call Cindy Weller for more information at the Journey Center, 707-578-2121. Cost: Free.

**Dates:** Summer walks are scheduled for June 12, July 17, August 21

**Time:** 9:30 a.m.

### **Children’s Dance and Movement Class**

An opportunity for children to explore music and movement in a peaceful place with Johanna Vanderbeek. Moms and Dads are welcome to join in the movement. Meets once a month. No need to register, just drop in. Contact the Journey Center at 578-2121 or [journey@journeycenter.org](mailto:journey@journeycenter.org) for more information.

**Dates:** Usually meets the 2nd Friday of the month, except June (Summer dates are June 19, July 10, August 14)

**Time:** 9:30 a.m. to 10:15 a.m.

**Cost:** \$10 donation per session.

