

# **Mindfulness Walks**

**Break up the day with a thought provoking walk on our own Oneida Land. Our facilitators strive to make your noon hour active as well as educational. Earn RAS Points in a great setting!**

**Departing at Noon on;**  
**June 6, Norbert Hill Center**  
**June 13 Norbert Hill Center**  
**July 3, Little Bear**  
**July 18 Little Bear**  
**July 30 Little Bear**