

looking to connect with others, explore Canada's stunning wilderness, and cultivate resilience?



WHAT: BEAR Hikes Program of the MNLC HIKING AND A PICNIC at Sunnybrook Park and **Edward Gardens, Toronto** WHEN: October 25, 2025, 9:00 AM, returning at 2:00 PM



- Discover serene nature walks
- Build confidence and resilience
- Find meaningful connections
- Explore the beauty of Canadian outdoor spaces
- Unwind and recharge in nature

Space is Limited! Reserve Your Spot Today!

Register clicking <u>here</u>

or scan QR code:



Contact Marla Marquez for details: mmarquez@mnlct.org



