



# Matters of the Mind

The Health Benefits of Time in Nature with Don Rakow  
Lunch, Talk and Sensory Walk  
Lunch provided by Luna Catering

September 13<sup>th</sup> 12:30pm

Stewart Park

\$25.00/adult

\$10.00/child

*A Fundraiser for*

**Family & Children's**

SERVICE OF ITHACA



Purchase your tickets here!

*Many thanks to our sponsors:*

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