

# Walk & Learn Series

A Halyburton Park Program



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Explore | Natural History | Cultural Relevance | Health and Wellness

**Free | Ages 16 and up | Registration Required**

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## **Wellness Walk (January 18, 2025 from 11 - 12 p.m.)**

Shake off holiday stress and embrace the new year! Learn about the benefits of spending time out in nature, practice mindfulness strategies, and promote wellness.

## **Native Species (February 22, 2025 from 11 - 12 p.m.)**

Get to know the plants and animals that call Halyburton Park home! Learn about the importance of protecting native species, discuss strategies for managing invasive species, and learn what you can do to support native species at home.

## **Spring Celebration (March 22, 2025 from 11 - 12 p.m.)**

Come out and enjoy the beauty of nature as we celebrate the changing of the seasons. Learn about the different ways people celebrate spring all over the world and throughout history.

## **Earth Exploration (April 19, 2025 from 11 - 12 p.m.)**

Join us to celebrate Earth Day! Explore the different habitats at the park and the wildlife they support. Learn about local biodiversity and discover how we can help protect these ecosystems.

## **Mothers' Methods (May 17, 2025 from 11 - 12 p.m.)**

From alligators and wolf spiders to sharks and mantises, learn about the different behaviors of nature's best and worst mothers to gain a deeper understanding of the choices animals make to ensure their survival.



910-341-0075



Halyburton Park (4099 S. 17 Street)

