

**Dauphin County Bar Association  
Quality of Life Committee**

# MINDFULNESS WALK

**Monday, August 26, 2024 | 6:30 PM**



## DETWEILER PARK

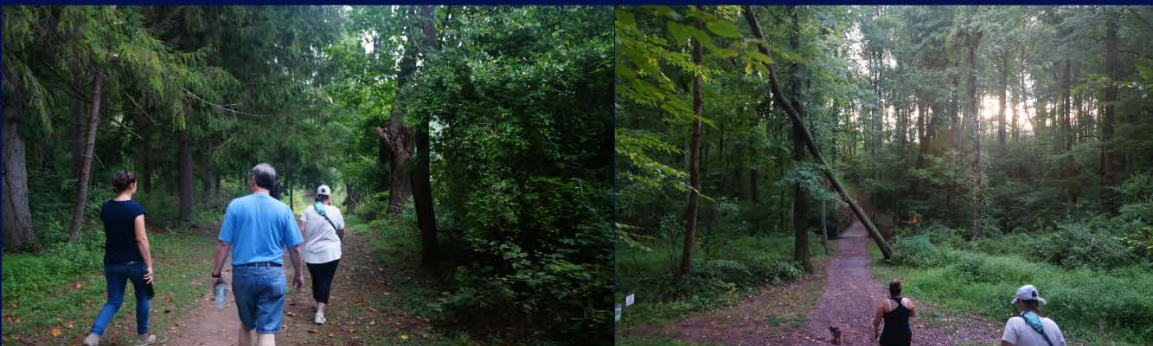
1451 Peters Mountain Rd., Dauphin

Please meet at the sign at the trailhead

## NO REGISTRATION REQUIRED!

Join the DCBA Quality of Life committee for a brief mindfulness walk followed by a regular walk. Conclude your walk by stopping at 3B Ice Cream near the park entrance before heading home.

Please reach out to [bridgette@dcba-pa.org](mailto:bridgette@dcba-pa.org)  
if you have any questions.



**This is a family friendly event.**