



Thursday
FEBRUARY 6
9:00 a.m. - 10:00 a.m.

**BEING UNCOMFORTABLE IS MORE
THAN OK, IT IS NECESSARY**

We know that getting people of all ages outdoors is imperative for their mental, physical, and emotional health. But being outdoors, especially in a state like Nebraska, isn't always comfortable. The heat, the cold, the bugs, or getting dirty, can all be barriers to enjoying nature. Join Sydney Abbott, LPNNRD Education Coordinator, as she discusses items such as fear, apprehension, dislikes, and ways we can help those around us feel more at home outdoors.

Hot coffee and fresh donuts free for all attendees!

This monthly educational event at the Clint Johannes Education Building at Lake Wanahoo, 1655 County Road 16, Wahoo, focuses on a new topic each month.

Are you curious about a specific topic and want to learn more? Email your topic suggestions to sabbott@lpnnrd.org

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