

Celebrate CT Trails Day Weekend – June 3 & 4 by stepping out with these terrific trails partners!

The Last Green Valley's spectacular Spring Outdoors event continues!

Explore hundreds of miles of trails at: <https://thelastgreenvalley.org/spring-outdoors-events/>

The **CT Forest & Park Association** (below) offers great nature events throughout the state at <https://trailsday.org/> including hikes right here in Brooklyn, Hampton, and Thompson.

Check the **Connecticut Trail Finder** for more great trails at <https://www.cttrailfinder.com/>



Get a leg up on what ails you by getting out into the great outdoors.

Time spent in nature being physically active works to:

- Reduce anxiety, stress, depression, fatigue, and the risk of chronic illness
- Increase energy, improve your mood, and sleep quality