



mind



body



spirit

Please join York County Parks & Recreation in celebrating *resilience week* in Virginia

FREE

DRUM circle

THURSDAY, MAY 6

6:30 - 7:30 pm

Virginia Master Naturalist, Madeline Vann will lead a Drum Circle for the public. Participants will meet at the open field by "The Point" for an hour of fun and relaxing drumming. Drumming is a great way to bring people together, reduce stress, and connect with nature. Drums and shakers will be provided on a limited basis. You are encouraged to bring your own drum or shaker, as well as a chair and/or blanket to sit on.

Deadline to register: May 4


NEW QUARTER PARK
york county, virginia
1000 Lakeshead Dr., Williamsburg



GREATER WILLIAMSBURG
TRAUMA-INFORMED
COMMUNITY NETWORK



PRE-REGISTRATION REQUIRED, please visit www.yorkcounty.gov/parksandrec • (757) 890-3500