## Nature journaling in the outdoors

Conway Forest & Trails Committee is pleased to offer a 3-session course on nature journaling. The three 2-hour sessions will be held 1 - 3pm on Sundays, April 21 & 28 and May 5.

Nature journaling encourages people to slow down, see details and foster our curiosity about the natural world. Drawing is particularly helpful by getting us to take time to focus in and see details we often miss. And as with any skill, our drawings will improve over time.

Session 1: Getting started with nature journaling – Conway Town Hall Session 2: Journaling wildflowers and adding text to your journal – outdoors at the Conway Grammar School

Session 3: Drawing flowering tree buds and leaves – South River Meadow



Artistic talent and experience are not required for this course – only a love of nature and observational skills. Sketchbook will be provided. Colored pencils will be available and participants are invited to bring drawing materials of their choosing.

The course size is limited to 15 people – adults and children, ages 10 and older – and registration is required by April 14. Please note, registration is on a first come, first served basis and is for all three sessions, not individual sessions. To register or if you have questions, email Marilyn Webster, marilyn@walkswithasha.com.

The course will be taught by Lori Austin, a retired science and math teacher, with over 20 years of experience teaching all aspects of STEAM - science, technology, engineering, art and math. She has studied botanical painting

under the tutelage of renowned Ashfield artist, Beverly Duncan and has been nature journaling for over 15 years.

The Forest & Trails Committee is committed to creating a space of belonging where all feel included and respected. We honor the differences among us, including those of race, class, age, ethnicity, sexual orientation, gender expression, gender identity, cultural and religious background, and differing abilities.

This class is supported by the Conway Cultural Council with funds from the Mass Cultural Council, a state agency.