



Family Camp 2024

Adult Earth Care Track

Saturday, April 20th, 9 a.m.- 2 p.m.

9:00 a.m. - Five Essentials for Nature Connection and Earth Care



Join in for a heartfelt conversation about the Five Essentials for Earth Care followed by a guided deep earth meditation. We'll explore actions you're taking (or want to take) to care for the earth and the emotional impact of your advocacy. We'll then settle outdoors (weather permitting) for a heart-opening meditation to reflect on our conversation and to experience embodying nature through all your senses.

Sami Aaron is the founder of The Resilient Activist, a non-profit whose mission is to cultivate resilience to environmental stress by supporting community, personal well-being, and vital ecological health.

10:45 a.m. - Intergenerational Service Projects

Care card writing, preparing goody bags for homebound members, outdoor projects

12:00 p.m. - Lunch

1:00 p.m. - Everyday Eco-Actions: Planet v. Plastics



While there are millions of different species of plants and animals in our oceans, many of them are going extinct due to climate change. Join me as we venture through a hands-on activity exploring our impact on marine life as well as ideas for how we can reduce our plastic pollution.

Aaron Itczak has led initiatives in both private and corporate settings to lessen people's impact on the environment.

Additional Events (optional):

2:00 p.m. - Nature Hike with Kristin or Scavenger Hunt

3:00 p.m. - Free time - take a walk, color, journal, read, relax, play

5:30 p.m. - Dinner

Dusk - Bonfire & Music