



Arden Modjeska

Historical Park

ocparks.com

Restorative Birdwatching

Fridays: 6/16, 7/21, and 8/18
8 to 10:00 a.m.

Arden: Helena Modjeska
Historic House and Gardens
29042 Modjeska Canyon Road
Silverado, CA 92676

For more information:
(714) 973-6665 or email
nathan.taxel@ocparks.com



Event and parking are free.



For more information, scan QR code.
Para más información, escanee el código QR.
더 많은 정보가 필요하다면, QR 코드를 스캔하세요.
Muốn có thêm thông tin, xin quét mã số QR
欲了解更多信息, 請掃描二維碼。

Many studies show that bird watching can have a very positive impact on our mental health and state of mind. This slow paced and accessible bird walk will encourage bird watching practices designed to emphasize these benefits by connecting to nature, guided observation, building community, sharing stories, encouraging creativity, and practicing mindfulness.

No prior birdwatching experience is required and loaner binoculars will be available on a first come, first served, basis. Sturdy walking shoes, water, and sun protection are recommended.

Space is limited and advance registration is required.

To register visit www.letsgooutside.org and search "Helena Modjeska Historic House and Gardens"

Rain or muddy conditions will cancel the event.