

# West Bloomfield High School

## Laker Nature Preserve Cleanup & Trail Maintenance



### ***Rotary Districts 6380 & 6400 Day of Service***

**April 22, 2023**

**9:00 am-12:00 pm**

4925 Orchard Lake Rd, West Bloomfield Township



Bring a wheelbarrow and rake if you can and help to put wood chips on the forest trail that leads to the Rouge River. We are also laying down the foundation for an outdoor classroom in a clearing in the preserve. Tables will be placed there in project phase two. Thank you West Bloomfield Parks & Recreation Commission for donating all of the wood chips!

#### **\*Benefits of spending time OUTSIDE**

- even brief contact with nature has positive effects on mental health and cognitive performance
- reduces stress, anxiety and increases feelings of self esteem
- hands on learning opportunities in science, math, literature and more

Students may bring service hour time sheets to sign!

Contact Sally Wenczel with questions: [michigansally@gmail.com](mailto:michigansally@gmail.com)