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NEWS RELEASE
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FOR IMMEDIATE RELEASE

Dallas receives grant from Oregon Community Trees to boost Arbor Day celebration

DALLAS, Oregon (April 5, 2024)

Oregon Community Trees (OCT) helped boost six Oregon communities' Arbor Day celebrations this year thanks to grants the non-profit organization is giving out this spring. Holding a public celebration of Arbor Day is a condition for maintaining Tree City USA's status with the National Arbor Day Foundation.

This is the first year the City of Dallas is receiving a grant. Dallas was awarded \$400 for the forest therapy sessions at this year's Arbor Day celebration. The 2-hour fully grant-funded "forest therapy" sessions are free to the public and led by a Certified Forest Therapy Guide in Delbert Hunter Arboretum.

Jennifer Ward, the City of Dallas Parks and Recreation Manager commented, "I'm really excited about this year's Arbor Day Celebration - there's something for everyone! Those who want to get involved can help pull ivy at City Park. Those who want to relax and connect with nature can join us for a forest therapy session. And there's the guided tree walk for kids!"

The Arbor Day celebration is on April 27, 2024. See the attached flyer for schedule details.

Registration information: Free Forest Therapy sessions are being held at 10 am and 1 pm. To register, call or email Jennifer Ward at 503-831-2830 or Jennifer.Ward@dallasor.gov.

Visit <https://www.dallasor.gov/parksrec/page/arbor-day-celebration-2> to view the event details on the City of Dallas website.



Saturday, April 27th

Arbor Day Celebration



9-11am Ivy Removal in Dallas City Park

Meet near the restrooms on Branvold Dr. Bring gloves and a water bottle - we'll bring the rest!

10am-12pm Forest Therapy (Session 1) at the Delbert Hunter Arboretum

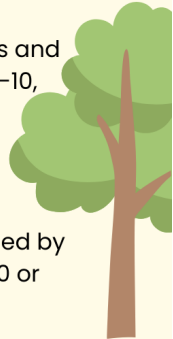
Forest Therapy, also known as Forest Bathing, is a deeply relational practice that offers the time and space to reconnect with ourselves, and with the other-than-human world. Forest Therapy is for those with bodies, minds, hearts, and spirits that need tending. For ages 12 and up, minors must be accompanied by an adult. Registration is required (503-831-2830 or Jennifer.Ward@dallasor.gov).

12-1pm The Need for Trees Guided Walk through Delbert Hunter Arboretum

Try out our new TRACK Trails activities with Parks and Recreation Manager, Jennifer Ward. For ages 6-10, children must be accompanied by an adult.

1-3pm Forest Therapy (Session 2) at the Delbert Hunter Arboretum

For ages 12 and up, minors must be accompanied by an adult. Registration is required (503-831-2830 or Jennifer.Ward@dallasor.gov).



This project is supported with funding from Oregon Community Trees

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