

Nature Programs

POLK COUNTY CONSERVATION • NOVEMBER 2017 NATURE PROGRAMS

Falconry, Past & Present

November 4 @ 2-3:30pm

Chichaqua Longhouse

Falconry is the art of hunting with a trained bird of prey. Falconry is known to have been practiced by humans for over 3000 years! Meet Kay Neumann, the Executive Director of SOAR - Saving Our Avian Resources who has been a falconer for over thirty years. She will share the history of falconry and then participants will join Kay and one of her falcons in the field for a demonstration of falconry techniques. FREE. No registration required.



Native American History Day

November 5 @ 1-4pm

Yellow Banks Park, Tent Camping Area

Celebrate the history of Native Americans at Yellow Banks Park. Try building a tipi or throwing an atlatl. We'll also take a short hike to the last remaining burial mound in the park.

To register for a program, visit
www.leadingyououtdoors.org
and click on the calendar tab

Mountain Biking and Mindfulness:

Finding Balance in Nature

November 18 @ 10am – 2:30pm

River Place, Conference Room 1, 2309 Euclid Ave, Des Moines.

Partake in a day of adventure and mindfulness with Dr. Suzanne Bartlett Hackenmiller, Integrative Medical physician. Begin the day learning basic bike maintenance, cold weather biking preparedness and going on a trail ride. Conclude the workshop with Shinrin-yoku, Japanese Forest bathing, an ancient mindfulness practice immersed in nature. Bring a bike, wear comfortable clothing suitable for the weather. Preregistration required; Deadline is November 13. Minimum age 14. Fee: \$25.

Turkey Trek

November 18 @ 1-3pm

Brown's Woods

Come enjoy a 3-mile hike through beautiful Brown's Woods, Iowa's largest urban forest preserve. We'll talk about turkeys and how animals are preparing for winter all while burning some calories.

Polk County Conservation manages 20 parks, wildlife areas, and recreation trails throughout the county. As well as performing park maintenance, we also provide free or low cost educational programs. These programs are designed for families with children of all ages. We additionally offer recreational trips and outdoor skill training for adults. For more information about our programs, parks, or a map to the locations of these programs contact the

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