



Friends of  
Capital  
Springs



Dane  
County  
Parks  
Always in Season



DeanHealthPlan  
by Medica

SSMHealth

Madison Metropolitan  
Sewerage District



# Wellness in Nature

Join the Friends of Capital Springs and event partners at the beautiful lakefront William G. Lunney Lake Farm County Park for a fall family afternoon focusing on the benefits of nature to physical and mental well-being. Our honored educator and guest is the Ho-Chunk Nation of Wisconsin. Enjoy engaging activities for all interests and ages!

**Ho-Chunk Nation of WI Cultural Outreach Tent & Dug-Out Canoe**

**Lakeshore Interpretive Hiking Trails**, Friends of Capital Springs  
Educational signage & nature observation station, 1.2 or .5 mile loop.

**Canoeing, Fishing & Nature Crafts Table**, Dane County Parks & Friends

**CPR Demos & Heart Health Games**, SSM Health, Dean Health Plan by Medica & Foundation for Dane County Parks

**Family Bike Ride at 1:45 pm**, Friends of Capital Springs Recreation Area  
Paved, 2 miles. Bring your bike! Some free bikes are available, and trishaws rides are available for attendees with mobility issues.

**Reading & Flute-playing: *The Ho-Chunk Courting Flute* at 2:30 pm**  
Bill Quackenbush, Ho-Chunk Nation Tribal Historic Preservation Officer

**Ho-Chunk Nation Drum Music Performance at 3 pm**

**Featured Speakers at 3:30-5 pm** Dr. Roopa Shah: Wellness in Nature & Bill Quackenbush: Tribal Healing & Nature

**Saturday, September 23,  
2023, 1-5 pm**

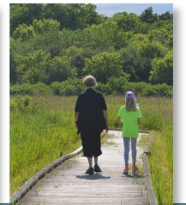
William G. Lunney Lake  
Farm County Park, Shelter 2  
4330 Libby Rd. Madison

**Activities start at 1 pm**

**Picnic Buffet at 3 pm**

\$10/adult – age 16,  
\$5/youth, 5 & under free

More info:  
[friendsofcapitalsprings.org](http://friendsofcapitalsprings.org)



All are welcome to this *free community event*.

★ Plan to attend? Please email [Clare](mailto:clare.carlson@countyofdane.com) at [clare.carlson@countyofdane.com](mailto:clare.carlson@countyofdane.com) with the number in your group.

A rain or shine event!

A \$5-10 donation is requested to support this event and all Friends of Capital Springs nature-focused programming. Donate now or at the event. Thank you for your support!