

HIKE WITH HEALERS

Taking care of your health can start with a walk in the park.

**With Guest Healer:
Dr. Stephen Alsdorf, MD**



A family doctor in general private practice in Pittsfield. Dr. Alsdorf studied medicine at the University of Massachusetts and did his residency at Boston University. He is a passionate trail runner, backcountry skier and cyclist who is dedicated to helping his patients access the healing potential of nature and their own bodies.

*@Ramblewild
January 21, 2017
10:00am-12:00pm
110 Brodie Mtn. Rd.
Lanesborough, MA
.....
FREE*



Preregister @ www.naturetreatment.org
413.591.WELL(9355)
info@naturetreatment.org
[fb:@naturetreatmentprograms](https://www.facebook.com/naturetreatmentprograms)

Our mission is to encourage healthy physical and psychological activity in people of all ages, and reverse the consequences of a sedentary, stressed and indoor lifestyle in order to improve the health and well-being of Berkshire County.